

# Concussion Information

[www.howardcountymd.gov/concussion.htm](http://www.howardcountymd.gov/concussion.htm)

## What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

## What are some warning signs of a concussion? — For Immediate Attention Call 911

### Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

## What should you do if you think a concussion has occurred?

### 1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

### 2. Legally, you must keep your child out of play until medically cleared by a qualified health care provider.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

### 3. Inform all coaches about any recent concussions.

Coaches should know if your child has had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

### 4. Help your child return to sports safely after a concussion.

As symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to activities after a concussion may need to

- Take rest breaks as needed
- Spend fewer hours at activities
- If in doubt, sit it out!

## Consider getting a baseline test performed before a concussion occurs.

Righttime Medical Care, HeadFirst Sports Injury and Concussion Care is an innovative community program for young athletes, their families, physicians, coaches and athletic trainers in the education and evaluation of concussions, baseline testing and navigation to appropriate care in the unfortunate event a young athlete sustains a Traumatic Brain Injury.

One tool that assesses the symptoms of concussion is the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) test. ImPACT is a computerized exam that measures cognitive brain function and reaction time of athletes 10 years of age and older. It can be administered to student athletes before an injury occurs to assess pre-injury cognitive function and reaction time. It's also used to measure the impact a concussion has on areas of brain function after an injury. Essentially, the ImPACT test is a preseason physical of the brain.

HeadFirst offers ImPACT baseline testing. This non-invasive test is set up in "video-game" style and takes about 25 minutes to complete. Righttime Medical Care's HeadFirst program also offers free baseline tests to athletes ages 10 & up who currently participate in Howard County Recreation & Parks programs. ImPACT testing is offered by appointment at the following locations. Info/appointment: 888-808-6483 or [www.myheadfirst.com](http://www.myheadfirst.com).

6334 Cedar Lane, Columbia, MD 21044  
18045 Georgia Avenue, Olney, MD 20832  
2401 Brandermill Boulevard, Gambrills, MD 21054

# Sudden Cardiac Arrest

[www.howardcountymd.gov/suddencardiacarrest.htm](http://www.howardcountymd.gov/suddencardiacarrest.htm)

## What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. Student athletes' risk of SCA is nearly four times that of non-athletes due to increased demands on the heart during exercise. SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

### Warning Signs of SCA

- SCA strikes immediately.
- SCA should be suspected in any athlete who has collapsed and is unresponsive.
  - No response to tapping on shoulders
  - Does nothing when asked if he/she is OK
- No pulse

### Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates.
- Recognize SCA.
- Call 911 immediately and activate EMS.
- Administer CPR.
- Use Automatic External Defibrillator (AED).

## Warning Signs of Potential Heart Issues: The following need to be further evaluated by your primary care provider.

Risk of Inaction: Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

## How Can We Minimize The Risk of SCA & Improve Outcomes?

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition, and treatment strategies. One way to minimize risk is through an annual pre-participation screening evaluation, often called a sports physical, performed by the athlete's medical provider.

1. There is a "Pre-Participation Physical Evaluation Form" available at <http://www.mpssaa.org/healthandsafety/forms.asp>.
2. Since the majority of these conditions are inherited, be aware of your family history, especially if any close family member:
  - a. had sudden unexplained and unexpected death before the age of 50.
  - b. was diagnosed with any of the heart conditions listed above.
  - c. died suddenly/unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.
3. Take seriously the warning signs and symptoms of SCA. Athletes should notify their parents, coaches, or school nurses if they experience any of these warning signs or symptoms.
4. Schools in Maryland have AED policies and emergency preparedness plans to address SCA and other emergencies in schools. Be aware of your school's various preventive measures.
5. If a cardiovascular disorder is suspected or diagnosed based on the comprehensive pre-participation screening evaluation, a referral to a child heart specialist or pediatric cardiologist is crucial. Such athletes should stop playing sports pending further evaluation and clearance by their medical providers.

*Info from American Heart Association ([www.heart.org](http://www.heart.org)), Parent Heart Watch ([www.parentheartwatch.org](http://www.parentheartwatch.org)), and the Sudden Cardiac Arrest Foundation ([www.sca-aware.org](http://www.sca-aware.org)).*

# Sports

## League Refund Policy

Unless otherwise directed in the community sport program description, a 20% administrative fee is deducted for all refund requests more than four (4) weeks prior to league starting; a 50% refund if withdrawal requested more than two (2) weeks prior to league starting; no refunds are given less than two (2) weeks prior to the start of the league. Registration is accepted on a first-come, first-served basis up to the registration deadline listed in each league description. Additional teams may be accepted at the league commissioner's discretion.

## Aquatics

- Swimming lessons emphasize skills needed to be safe in an aquatic environment. All our instructors have been trained at our facility and are knowledgeable about the programs we teach.
- Be sure to register your child for the appropriate level. If space allows, a participant may be moved to a lower or more advanced level at the discretion of the swim lesson coordinator.
- For multiple sessions, register your child in the same course for a minimum of two sessions. Children often require more than one session to master the skills needed to proceed to the next level.
- Parents and guardians are not permitted to assist child during the lesson, except for the parent-child or Therapeutic Recreation classes. Accompanying adult for children under 13 must remain at the facility.
- Read Concussion & Sudden Cardiac Arrest info on pages 74 and 75. Your family's review of this info is required by law before you're allowed to register for sports/swim programs.
- Registration: 410-313-7275.
- Info: Aquatics Director, 410-313-2765.

## Lessons: Youth (0-18 yrs)

### Baby Water Play: Parent-Child Level 1

**6 mos-3 yrs / 8 classes, start dates below / \$64**

Splash through the first step in water safety and swimming with your child. Parents learn how to work safely with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. With an adult, child explores submerging, buoyancy and entering and exiting safely. Swimming diapers and/or rubber shorts must be worn in addition to a swimsuit.

4 wks / Roger Carter Comm Ctr - Pool

RP4007.301	Mar 24	5-5:20 PM	Tu & Th
<u>2 wks / Roger Carter Comm Ctr - Pool</u>			
RP4007.401	Jun 8	10:40-11 AM	M-Th
RP4007.402	Jun 8	5:30-5:50 PM	M-Th
RP4007.403	Jun 22	10:40-11 AM	M-Th
RP4007.404	Jun 22	5:30-5:50 PM	M-Th
RP4007.405	Jul 6	10:40-11 AM	M-Th
RP4007.407	Jul 20	10:40-11 AM	M-Th
RP4007.408	Jul 20	5:30-5:50 PM	M-Th

2 wks / Roger Carter Comm Ctr - Pool



*What is more precious than your baby's first laugh (and splash) in a pool? Enjoy swim classes with your child starting at six months.*

### Baby Water Play: Parent-Child Level 2

**6 mos-3 yrs / 8 classes, start dates below / \$64**

Float through the second step in water safety and swimming with your child. Child begins to glide on the front and back with assistance and change body position in the water. Child continues to explore submerging and buoyancy. Emphasis is given on adult supervision and entering/exiting safely. Swimming diapers and/or rubber shorts must be worn in addition to a swimsuit..

4 wks / Roger Carter Comm Ctr - Pool

RP4008.301	Mar 24	5:30-5:50 PM	Tu & Th
<u>2 wks / Roger Carter Comm Ctr - Pool</u>			
RP4008.401	Jun 8	10-10:20 AM	M-Th
RP4008.402	Jun 8	6-6:20 PM	M-Th
RP4008.403	Jun 22	10-10:20 AM	M-Th
RP4008.404	Jun 22	6-6:20 PM	M-Th
RP4008.405	Jul 6	10-10:20 AM	M-Th
RP4008.406	Jul 6	6-6:20 PM	M-Th
RP4008.407	Jul 20	10-10:20 AM	M-Th
RP4008.408	Jul 20	6-6:20 PM	M-Th

2 wks / Roger Carter Comm Ctr - Pool

### Preschool Swimming: Level 1

**4-5 yrs / 8 classes, start dates below / \$64**

Orient your child with the water and water safety in a group setting. With instructor assistance, s/he becomes familiar with the aquatic environment and learns basic water skills including water entry and exit, breath control, buoyancy, treading, and swimming on the front and back with support. This class creates the foundation for safe practices around the water.

4 wks / Roger Carter Comm Ctr - Pool

RP4009.301	Mar 24	5-5:20 PM	Tu & Th
RP4009.302	Apr 28	5-5:20 PM	Tu & Th
<u>2 wks / Roger Carter Comm Ctr - Pool</u>			
RP4009.401	Jun 8	9:30-9:50 AM	M-Th
RP4009.402	Jun 8	10:40-11 AM	M-Th
RP4009.403	Jun 8	5:30-5:50 PM	M-Th
RP4009.404	Jun 22	9:30-9:50 AM	M-Th
RP4009.405	Jun 22	10:40-11 AM	M-Th
RP4009.406	Jun 22	5:30-5:50 PM	M-Th
RP4009.407	Jul 6	9:30-9:50 AM	M-Th
RP4009.408	Jul 6	10:40-11 AM	M-Th
RP4009.409	Jul 6	5:30-5:50 PM	M-Th
RP4009.410	Jul 20	8:40-9 AM	M-Th
RP4009.411	Jul 20	10:40-11 AM	M-Th
RP4009.412	Jul 20	5:30-5:50 PM	M-Th

2 wks / Roger Carter Comm Ctr - Pool

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

## Preschool Swimming: Level 2

4-5 yrs / 8 classes, start dates below / \$64

Building on the skills taught in Level 1, children become more independent by demonstrating more advanced fundamentals of water entry and exit, breath control, buoyancy, treading, and swimming on front and back with assistance as needed. This class helps children increase comfort in the water.

4 wks / Roger Carter Comm Ctr - Pool

RP4010.301	Mar 24	5:30-5:50 PM	Tu & Th
------------	--------	--------------	---------

2 wks / Roger Carter Comm Ctr - Pool

RP4010.401	Jun 8	8:40-9 AM	M-Th
RP4010.402	Jun 8	10-10:20 AM	M-Th
RP4010.403	Jun 8	6-6:20 PM	M-Th
RP4010.404	Jun 22	8:40-9 AM	M-Th
RP4010.405	Jun 22	10-10:20 AM	M-Th
RP4010.406	Jun 22	6-6:20 PM	M-Th
RP4010.407	Jul 6	8:40-9 AM	M-Th
RP4010.408	Jul 6	10-10:20 AM	M-Th
RP4010.409	Jul 6	6-6:20 PM	M-Th
RP4010.410	Jul 20	8:40-9 AM	M-Th
RP4010.411	Jul 20	10-10:20 AM	M-Th
RP4010.412	Jul 20	6-6:20 PM	M-Th

## Preschool Swimming: Level 3

4-5 yrs / 8 classes, start dates below / \$64

After completing Level 2, children practice independent water entry and exit, breath control, buoyancy, and swimming on the front and back at a more proficient level without assistance. Improved coordination of combined simultaneous and alternating arm and leg actions is emphasized.

4 wks / Roger Carter Comm Ctr - Pool

RP4011.301	Mar 24	6-6:20 PM	Tu & Th
------------	--------	-----------	---------

2 wks / Roger Carter Comm Ctr - Pool

RP4011.401	Jun 8	8-8:20 AM	M-Th
RP4011.402	Jun 8	9:30-9:50 AM	M-Th
RP4011.403	Jun 8	6:40-7 PM	M-Th
RP4011.404	Jun 22	8-8:20 AM	M-Th
RP4011.405	Jun 22	10-10:20 AM	M-Th
RP4011.406	Jun 22	6:40-7 PM	M-Th
RP4011.407	Jul 6	8-8:20 AM	M-Th
RP4011.408	Jul 6	10-10:20 AM	M-Th
RP4011.409	Jul 6	6:40-7 PM	M-Th
RP4011.410	Jul 20	8-8:20 AM	M-Th
RP4011.411	Jul 20	10-10:20 AM	M-Th
RP4011.412	Jul 20	6-6:20 PM	M-Th

## Aqua Kids: Level 1

6-10 yrs / 8 classes, start dates below / \$74

In this introduction to swimming class, learn basic water safety and aquatic skills that include safe entry and exit, breath control, buoyancy, and swimming on the front and back to start developing comfort in the water.

4 wks / Roger Carter Comm Ctr - Pool

RP4012.301	Mar 25	5-5:30 PM	W & F
RP4012.302	Apr 29	5-5:30 PM	W & F

2 wks / Roger Carter Comm Ctr - Pool

RP4012.401	Jun 22	9:20-9:50 AM	M-Th
RP4012.402	Jun 22	10-10:30 AM	M-Th
RP4012.403	Jun 22	6-6:30 PM	M-Th
RP4012.404	Jun 22	6:40-7:10 PM	M-Th
RP4012.405	Jul 6	9:20-9:50 AM	M-Th
RP4012.406	Jul 6	10-10:30 AM	M-Th
RP4012.407	Jul 6	6-6:30 PM	M-Th
RP4012.408	Jul 6	6:40-7:10 PM	M-Th
RP4012.409	Jul 20	9:20-9:50 AM	M-Th
RP4012.410	Jul 20	10-10:30 AM	M-Th
RP4012.411	Jul 20	6-6:30 PM	M-Th
RP4012.412	Jul 20	6:40-7:10 PM	M-Th

## Aqua Kids: Level 2

6-10 yrs / 8 classes, start dates below / \$74

After completing Level 1, learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction, and swimming on the front and back. Learn how to float without support and recover to a standing position. Deep water safety is introduced.

4 wks / Roger Carter Comm Ctr - Pool

RP4013.301	Mar 25	5:40-6:10 PM	W & F
RP4013.302	Apr 29	5:40-6:10 PM	W & F

2 wks / Roger Carter Comm Ctr - Pool

RP4013.401	Jun 22	8:40-9:10 AM	M-Th
RP4013.402	Jun 22	9:20-9:50 AM	M-Th
RP4013.403	Jun 22	6:40-7:10 PM	M-Th
RP4013.404	Jun 22	7:20-7:50 PM	M-Th
RP4013.405	Jul 6	8:40-9:10 AM	M-Th
RP4013.406	Jul 6	9:20-9:50 AM	M-Th
RP4013.407	Jul 6	6:40-7:10 PM	M-Th
RP4013.408	Jul 6	7:20-7:50 PM	M-Th
RP4013.409	Jul 20	8:40-9:10 AM	M-Th
RP4013.410	Jul 20	9:20-9:50 AM	M-Th
RP4013.411	Jul 20	6:40-7:10 PM	M-Th
RP4013.412	Jul 20	7:20-7:50 PM	M-Th

## Aqua Kids: Level 3

6-10 yrs / 8 classes, start dates below / \$74

After passing Level 2, build on the skills previously learned. You are introduced to scissor and dolphin kicks, survival float, front crawl, and elementary backstroke. The rules for head-first entries are presented. Learn head-first entries from a seated position.

4 wks / Roger Carter Comm Ctr - Pool

RP4014.301	Mar 25	7:40-8:10 PM	W & F
RP4014.302	Apr 29	7:40-8:10 PM	W & F

2 wks / Roger Carter Comm Ctr - Pool

RP4014.401	Jun 22	8:40-9:10 AM	M-Th
RP4014.402	Jun 22	9:20-9:50 AM	M-Th
RP4014.403	Jun 22	6:40-7:10 PM	M-Th
RP4014.404	Jun 22	7:20-7:50 PM	M-Th
RP4014.405	Jul 6	8:40-9:10 AM	M-Th
RP4014.406	Jul 6	9:20-9:50 AM	M-Th
RP4014.407	Jul 6	6:40-7:10 PM	M-Th
RP4014.408	Jul 6	7:20-7:50 PM	M-Th
RP4014.409	Jul 20	8:40-9:10 AM	M-Th
RP4014.410	Jul 20	9:20-9:50 AM	M-Th
RP4014.411	Jul 20	6:40-7:10 PM	M-Th
RP4014.412	Jul 20	7:20-7:50 PM	M-Th

## Learn to Swim: Level 1

11-15 yrs / 8 classes, start dates below / \$74

In this introduction to swimming class, learn basic water safety and aquatic skills that include safe entry and exit, breath control, buoyancy, treading, changing direction, and swimming on the front and back to start developing comfort in the water.

4 wks / Roger Carter Comm Ctr - Pool

RP4015.301	Mar 25	5-5:30 PM	W & F
------------	--------	-----------	-------

2 wks / Roger Carter Comm Ctr - Pool

RP4015.401	Jun 22	7:20-7:50 PM	M-Th
RP4015.402	Jul 6	7:20-7:50 PM	M-Th
RP4015.403	Jul 20	7:20-7:50 PM	M-Th

## Learn to Swim: Level 2

**11-15 yrs / 8 classes, start dates below / \$74**

After completing Level 1, learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction, and swimming on the front and back. Learn how to float without support and recover to a standing position. Deep-water safety is also introduced.

4 wks / Roger Carter Comm Ctr - Pool

RP4016.301	Mar 25	5:40-6:10 PM	W & F
------------	--------	--------------	-------

2 wks / Roger Carter Comm Ctr - Pool

RP4016.401	Jun 22	7:20-7:50 PM	M-Th
------------	--------	--------------	------

RP4016.402	Jul 6	7:20-7:50 PM	M-Th
------------	-------	--------------	------

RP4016.403	Jul 20	7:20-7:50 PM	M-Th
------------	--------	--------------	------

## Learn to Swim: Level 3

**11-15 yrs / 8 classes, start dates below / \$74**

After passing Level 2, build on the skills previously learned. You are introduced to scissor and dolphin kicks, survival float, front crawl, and elementary backstroke. The rules for headfirst entries are presented. Learn head first entries from a seated position.

4 wks / Roger Carter Comm Ctr - Pool

RP4017.301	Mar 25	7:40-8:10 PM	W & F
------------	--------	--------------	-------

2 wks / Roger Carter Comm Ctr - Pool

RP4017.401	Jun 22	8-8:30 PM	M-Th
------------	--------	-----------	------

RP4017.402	Jul 6	8-8:30 PM	M-Th
------------	-------	-----------	------

RP4017.403	Jul 20	8-8:30 PM	M-Th
------------	--------	-----------	------

## Private Lessons: Youth (All ages)

### Private/Semi-Private Swim Lessons

**3 yrs + / Ongoing after March 23 / Prices below**

Each lesson lasts 30 minutes and is customized to fit individual needs and swimming abilities. Private lessons include one participant to one instructor; semi-private lessons include up to three participants to one instructor. Lessons are not transferrable. Registration for lessons is first-come, first-served. All lessons must be scheduled at the time of registration in person or over the phone.

Roger Carter Comm Ctr - Pool

RP4020.301	4 lessons (Private)	\$132
------------	---------------------	-------

RP4020.301	8 lessons (Private)	\$231
------------	---------------------	-------

RP4020.302	4 lessons (Semi-private)	\$172
------------	--------------------------	-------

RP4020.302	8 lessons (Semi-private)	\$301
------------	--------------------------	-------

## Swim Team: Youth (5-18 yrs)

- Transition from swim lessons to swim team by refining the competitive strokes.
- Registration: 410-313-7275.
- Info: Aquatics Director, 410-313-2765.

### Pre-Swim Team Skills

**6-18 yrs / 8 classes, start dates below & in next column / \$74**

In this stroke improvement course, work on the front crawl and elementary backstroke for longer distances and be introduced to sidestroke, back crawl, breaststroke and butterfly. The basics of turning at the wall and diving are presented. This is the perfect course for those interested in swim team!

Prerequisite: swimming 25 yards of freestyle and 25 yards of backstroke.

4 wks / Roger Carter Comm Ctr - Pool

RP4018.301	Mar 24	7:40-8:10 PM	Tu & Th
------------	--------	--------------	---------

RP4018.302	Apr 28	7:40-8:10 PM	Tu & Th
------------	--------	--------------	---------

2 wks / Roger Carter Comm Ctr - Pool

RP4018.401	Jun 22	8-8:30 AM	M-Th
------------	--------	-----------	------

RP4018.402	Jun 22	8-8:30 PM	M-Th
------------	--------	-----------	------

RP4018.403	Jul 6	8-8:30 AM	M-Th
------------	-------	-----------	------

RP4018.404	Jul 6	8-8:30 PM	M-Th
------------	-------	-----------	------

RP4018.405	Jul 20	8-8:30 AM	M-Th
------------	--------	-----------	------

RP4018.406	Jul 20	8-8:30 PM	M-Th
------------	--------	-----------	------

## Roger Carter Seals Swim Team

**5-18 yrs / 9 wks starting Jul 1 / \$184**

Make a splash this summer enjoying local competition while improving endurance and the four basic strokes skills. You must be able to swim one length of the pool using both the front crawl and backstroke. The team practices four days per week (morning or evening) and competes in Saturday morning meets in the Prince-Mont Swim League. Mandatory skill evaluations are held on Saturday, May 16, for all new swimmers at 8:30 AM. Attendance at swim meets is mandatory. Swimmers who do not attend meets may be removed from the team without refund. A mandatory parents meeting is held Saturday, May 30, at 10 AM to discuss skill evaluation, group assignment, practice times, meet, and general questions. Parent volunteers encouraged! Fee includes t-shirt, swim cap and special events.

RP4005.401	5-11 yrs	Roger Carter Comm Ctr - Pool	M-Th & Sa
------------	----------	------------------------------	-----------

RP4005.402	12-18 yrs	Roger Carter Comm Ctr - Pool	M-Th & Sa
------------	-----------	------------------------------	-----------

## 48<sup>th</sup> Annual Howard County Invitational

**6 yrs + / Jul 12 / \$5 per swimming event**

Join us for a day of fun and races for the whole family at the 48<sup>th</sup> Annual Howard County Invitational. Register for as many or as few races that you would like to swim. All are welcome to participate. Warm-ups begin at 8 AM. Event begins at 9 AM.

RP4006.401	Roger Carter Comm Ctr - Pool	Su
------------	------------------------------	----

## Lessons: Adults (18 yrs +)

- Registration: 410-313-7275.
- Info: Aquatics Director, 410-313-2765.

### Adult Swim Lessons

**18 yrs + / 8 classes, start dates below / \$74**

This course is intended for adults who never learned how to swim or who want to build on the basic fundamentals of swimming. Entry and exit, breath control, buoyancy, treading, changing direction, and swimming on the front and back are taught.

4 wks / Roger Carter Comm Ctr - Pool

RP4019.301	Mar 25	8:15-8:45 PM	W & F
------------	--------	--------------	-------

RP4019.302	Apr 29	8:15-8:45 PM	W & F
------------	--------	--------------	-------

2 wks / Roger Carter Comm Ctr - Pool

RP4019.401	Jun 8	8-8:30 AM	M-Th
------------	-------	-----------	------

RP4019.402	Jun 8	8-8:30 PM	M-Th
------------	-------	-----------	------

RP4019.403	Jun 22	8-8:30 AM	M-Th
------------	--------	-----------	------

RP4019.404	Jun 22	8-8:30 PM	M-Th
------------	--------	-----------	------

RP4019.405	Jul 6	8-8:30 AM	M-Th
------------	-------	-----------	------

RP4019.406	Jul 6	8-8:30 PM	M-Th
------------	-------	-----------	------

RP4019.407	Jul 20	8-8:30 AM	M-Th
------------	--------	-----------	------

RP4019.408	Jul 20	8-8:30 PM	M-Th
------------	--------	-----------	------

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.





## Guarding & Certifications

- Registration: 410-313-7275.
- Info: Aquatics Director, 410-313-2765.

### Lifeguard Training

**15 yrs + / 1 wk, start dates below / \$205**

Prepare to save lives and make a difference in your community! If you are at least 15 years old and want to learn the skills necessary to prevent and respond to aquatic emergencies, this is the course for you. Must pass a pre-course screening by swimming 300 yards continuously as follows: 100 yards front crawl with rhythmic breathing and stabilizing kicks, 100 yards of breaststroke with a pull, breath, kick and glide sequence and 100 yards of front crawl, breaststroke, or a combination of both. Must be able to start in the water, swim 20 yards of front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound brick, return to surface, swim 20 yards back to the starting point with the object, and exit the water without the use of the ladder or steps within 1 minute and 40 seconds. Lifeguard participant manuals provided upon successful completion of the pre-course. You must attend every class, successfully complete required skills, and pass written exams to receive the Red Cross certifications for 2 years in Lifeguarding/First Aid and CPR/AED for the Lifeguard. This 32-hour course takes place over seven days and includes classroom and in-water activities. Be prepared to swim at all classes.

[Roger Carter Comm Ctr - Pool](#)

RP4002.401 May 4 5:30-9:30 PM, M-F & 9 AM-5 PM, Sa & Su

RP4002.402 May 11 5:30-9:30 PM, M-F & 9 AM-5 PM, Sa & Su

### Junior Lifeguarding

**13-15 yrs / 1 wk, start dates below / \$90**

Learn what it takes to be a lifeguard! Participants learn about preventing accidents, responding to emergencies, leadership, and professionalism while gaining experience in a pool setting. Upon completion of the course, participants are certified in CPR. This 25-hour training class focuses on victim recognitions and simple rescues. Each session focuses on the various aspects of lifeguarding responsibilities. Register by May 29. Info: Linda E. DiPanfilo, 410-313-4704 or [ldipanfilo@howardcountymd.gov](mailto:ldipanfilo@howardcountymd.gov).

[Roger Carter Comm Ctr - Pool](#)

RP4001.401 Jun 22 4-9 PM M-F

RP4001.402 Jul 6 8 AM-1 PM M-F

RP4001.403 Jul 20 4-9 PM M-F

### Lifeguard Review

**15 yrs + / 3 days starting May 19 / \$125**

Recertify in just 12 hours! This course is for those who are currently certified in Lifeguarding/First Aid and CPR/AED. This is a competency test of skills with limited review with an instructor. Participants must provide copies of current certifications upon registration. Upon successful completion of the challenge, participants gain two-year certifications for Lifeguarding/First Aid and CPR/AED for the Lifeguard.

RP4003.401 Roger Carter Comm Ctr - Pool 5:30-9:30 PM Tu-Th

## Badminton

### Adult & Youth Badminton

[www.howardcountymd.gov/badminton.htm](http://www.howardcountymd.gov/badminton.htm)

**9-14 yrs / 8 wks starting Apr 20 / \$70**

RP6830.301 Meadowbrook Ath Comp 7-8:30 PM M

**18 yrs + / 15 wks starting Apr 20 / \$60**

RP6830.311 Meadowbrook Ath Comp 8-10 PM M

**18 yrs + / 6 wks starting May 7 / \$24**

RP6830.321 Meadowbrook Ath Comp 10 AM-noon Th

## Baseball & Tee Ball

### Youth (3-18 yrs)

Registration: 410-313-7275.

### Tiny Tykes Tee Ball

**3-4 yrs / 6 classes, start dates below / \$75**

Batter up! Nobody strikes out and everyone hits home runs! Our age-appropriate equipment and activities are designed to provide a successful introduction to the skills of batting, catching, throwing, and base running. Parents are also encouraged to follow the coach's instructions to assist in the games and activities with your child. (No class 5/1, 5/23, 5/25.)

Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6053.301 Meadowbrook Ath Comp Apr 13 9:30-10:15 AM M

RP6053.302 Gary J Arthur Comm Ctr Apr 14 11:30 AM-12:15 PM Tu

RP6053.303 Cedar Lane Pk West Apr 15 10:30-11:15 AM W

RP6053.304 N Laurel Comm Ctr Apr 15 12:30-1:15 PM W

RP6053.305 Meadowbrook Ath Comp Apr 16 12:30-1:15 PM Th

RP6053.306 N Laurel Comm Ctr Apr 16 5-5:45 PM Th

RP6053.307 Veterans ES Apr 16 5:30-6:15 PM Th

RP6053.308 Deep Run ES Apr 18 10:30-11:15 AM Sa

RP6053.309 Gorman Crossing ES Apr 18 1:30-2:15 PM Sa

RP6053.310 Dayton Oaks ES Apr 18 1:30-2:15 PM Sa

### After-School Baseball

**6-8 yrs / 7 classes, start dates below / \$55**

Learn the fundamentals of baseball in this exciting once-a-week clinic. Baseball practice takes place after school. Coaches have extensive baseball training and focus on developing the key skills necessary to play one of the most popular sports in the country. Learn to catch, throw, field ground balls, hit, and run the bases through a variety of drills and mini-games. Bring your glove, all other equipment is provided. Meet outside school office; coach escorts players to field. (No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

RP6057.301 Centennial Lane ES 3:20-4:20 PM Apr 13 M

RP6057.302 Fulton ES 4-5 PM Apr 14 Tu

RP6057.303 Worthington ES 4-5 PM Apr 15 W

RP6057.304 Bellows Spring ES 4-5 PM Apr 16 Th

### Kiddie Tee Ball

**4½-6½ yrs / 7 classes, start dates below / \$55**

Learn the fundamentals of baseball in this exciting clinic. Coaches have extensive training and focus on developing the skills necessary to play one of the most popular sports in the country. Learn to catch, throw, field ground balls, hit, and run the bases in a variety of drills and mini-games. Bring a glove; other equipment is provided. (No class 5/25.)

Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

RP6054.301 Centennial Lane ES 4:25-5:25 PM Apr 13 M

RP6054.302 Fulton ES 5:05-6:05 PM Apr 14 Tu

RP6054.303 Worthington ES 5:05-6:05 PM Apr 15 W

RP6054.304 Bellows Spring ES 5:05-6:05 PM Apr 16 Th



Batter up! Swing for the fences in Tiny Tykes Tee Ball.

## Leagues (4-18 yrs)

### Columbia Baseball League - Spring

#### 4-18 yrs / 8 wks, start dates & prices below

This exciting league features tee ball, in-house baseball, and teams at the 11-12, 13-14, and 15-18 age groups that play in the HC Alliance League with surrounding organizations. The tee ball and in-house baseball leagues consist of a weeknight practice and one Saturday or Sunday game per week. Bring your glove; all other equipment is provided. Head coaches have baseball-specific training and are ASEP certified. Volunteer coaches welcome. Fee includes shirt and hat. Practice locations and game schedule TBD. Practices and games for tee ball and in-house baseball are held at Columbia schools and parks. The HC Alliance Schedule is TBD. Registration deadline is March 31. Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

#### Tee Ball / Apr 12 / \$125

RP5990.301	4 yrs	Su
RP5990.302	5-6 yrs	Su

#### Baseball / Apr 11 / \$135

RP5990.311	6-8 yrs	Sa
RP5990.321	9-10 yrs	Sa
RP5990.331	11-12 yrs	Sa
RP5990.341	13-14 yrs	Sa
RP5990.351	15-18 yrs	Sa

### Columbia Baseball – Summer League

#### 4-12 yrs / 6 wks starting Jun 27 or 28, start dates & prices below

Receive the best baseball instruction around in a league that is designed to make the game fun and exciting. Just bring your glove; all other equipment is provided. Head coaches have baseball-specific training and are ASEP certified. Volunteer coaches welcomed. Fee includes shirt and hat. Practice locations and game schedule TBD. Practices and games are held at Columbia schools and parks. Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

#### Tee Ball / \$95 / Su / Jun 28

RP5990.401	4 yrs	Su
RP5990.402	5-6 yrs	Su

#### Baseball / \$110 / Sa / Jun 27

RP5990.411	6-8 yrs	Sa
RP5990.421	9-10 yrs	Sa
RP5990.431	11-12 yrs	Sa

## Western Howard County Youth Baseball & Softball League (WHCYBSL)

### 5-18 yrs / Dates and prices at [www.whcsports.com](http://www.whcsports.com)

WHCYBSL provides tee ball, baseball, and softball leagues to families in Western Howard County and Clarksville. Howard County Recreation &

Parks provides administrative services to WHCYBSL. Game locations are on western Howard County park fields; the home site is Western Regional Park. Practice locations are on western Howard County school fields. Registration: 410-313-7275. Info or program flier: [www.whcsports.com](http://www.whcsports.com) or Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

RP5981 Tee Ball or Baseball

RP5982 Softball

## Columbia Baseball Fest *Page 13*

## Adults (18 yrs +)

### Adult Softball Leagues *Page 94*

# Basketball

## Youth Instruction (3-13 yrs)

Registration: 410-313-7275.

### After-School Basketball

#### 8-10 yrs / 7 classes, start dates & prices below

School's over and it's time to play some basketball. Boys and girls, in this once-a-week clinic, learn and develop fundamental skills including dribbling, passing, shooting, defense, and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues. Meet in the gym. (No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

#### 60 Min / \$55

RP6081.301	Forest Ridge ES	3:50-4:50 PM	Apr 13	M
RP6081.302	N Laurel Comm Ctr	4:15-5:15 PM	Apr 14	Tu
RP6081.303	Ducketts Lane ES	3:25-4:25 PM	Apr 14	Tu
RP6081.304	West Friendship ES	3:50-4:50 PM	Apr 15	W
RP6081.305	St. John's Lane ES	3:25-4:25 PM	Apr 15	W
RP6081.306	Bushy Pk ES	3:55-4:55 PM	Apr 16	Th
RP6081.307	Hammond ES	3:35-4:35 PM	Apr 16	Th

#### 55 Min / \$51

RP6081.308	Meadowbrook Ath Comp	4:10-5:05 PM	Apr 13	M
------------	----------------------	--------------	--------	---

### Kiddie Basketball

#### 5-7 yrs / 6 or 7 classes, start dates & prices below

Come learn the sport of basketball in this perfect introductory clinic. Work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. Meet in the gym. (No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

#### 7 classes / 60 Min / \$55

RP6080.301	Forest Ridge ES	4:55-5:55 PM	Apr 13	M
RP6080.302	Fulton ES	5:05-6:05 PM	Apr 13	M
RP6080.303	N Laurel Comm Ctr	5:15-6:15 PM	Apr 14	Tu
RP6080.304	Ducketts Lane ES	4:30-5:30 PM	Apr 14	Tu
RP6080.305	Pointers Run ES	5:05-6:05 PM	Apr 14	Tu
RP6080.306	Elkridge ES	5:05-6:05 PM	Apr 15	W
RP6080.307	West Friendship ES	4:55-5:55 PM	Apr 15	W
RP6080.308	St. John's Lane ES	4:25-5:25 PM	Apr 15	W
RP6080.309	Northfield ES	4:20-5:20 PM	Apr 16	Th
RP6080.310	Bushy Pk ES	5-6 PM	Apr 16	Th

#### 6 classes / 60 Min / \$47

RP6080.311	Hammond ES	4:40-5:40 PM	Apr 16	Th
------------	------------	--------------	--------	----

#### 7 classes / 55 Min / \$51

RP6080.312	Meadowbrook Ath Comp	5:05-6 PM	Apr 13	M
------------	----------------------	-----------	--------	---

## Instructional Basketball League

**6-10 yrs / 8 wks starting Apr 11 / \$76**

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through activities and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Register by location. Meet in the gym. (No session 5/23.) Info: Brian Wyman, 410-313-4705 or [bwyma@howardcountymd.gov](mailto:bwyma@howardcountymd.gov).

### 6-7 yrs Beginners

RP6082.301	Dayton Oaks ES	9-10 AM	Sa
RP6082.302	Forest Ridge ES	9-10 AM	Sa
RP6082.303	Fulton ES	9-10 AM	Sa
RP6082.304	Jeffers Hill ES	9-10 AM	Sa
RP6082.305	Rockburn ES	9-10 AM	Sa
RP6082.306	Waverly ES	9-10 AM	Sa

### 7 yrs Advanced - 9½ yrs Beginners

RP6083.301	Dayton Oaks ES	10:15-11:15 AM	Sa
RP6083.302	Forest Ridge ES	10:15-11:15 AM	Sa
RP6083.303	Fulton ES	10:15-11:15 AM	Sa
RP6083.304	Jeffers Hill ES	10:15-11:15 AM	Sa
RP6083.305	Rockburn ES	10:15-11:15 AM	Sa
RP6083.306	Waverly ES	10:15-11:15 AM	Sa

### 8½ yrs Advanced - 10 yrs

RP6084.301	Dayton Oaks ES	11:30 AM-12:30 PM	Sa
RP6084.302	Forest Ridge ES	11:30 AM-12:30 PM	Sa
RP6084.303	Fulton ES	11:30 AM-12:30 PM	Sa
RP6084.304	Jeffers Hill ES	11:30 AM-12:30 PM	Sa
RP6084.305	Rockburn ES	11:30 AM-12:30 PM	Sa
RP6084.306	Waverly ES	11:30 AM-12:30 PM	Sa

## Little Tykes Hoops: Basketball

**3-4 yrs / 6 classes, start dates below / \$75**

In this class, having fun is sure to be a slam dunk! Children are introduced to beginner basketball concepts such as dribbling, passing, and shooting through a curriculum of exciting and fun-filled games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. (No class 5/1, 5/23). Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6086.301	Meadowbrook Ath Comp	Apr 14	1:30-2:15 PM	Tu
RP6086.302	Cedar Lane Pk East	Apr 14	6-6:45 PM	Tu
RP6086.303	N Laurel Comm Ctr	Apr 15	1:30-2:15 PM	W
RP6086.304	Gary J Arthur Comm Ctr	Apr 15	4-4:45 PM	W
RP6086.305	Meadowbrook Ath Comp	Apr 16	9:30-10:15 AM	Th
RP6086.306	Meadowbrook Ath Comp	Apr 16	1:30-2:15 PM	Th
RP6086.307	N Laurel Comm Ctr	Apr 16	6-6:45 PM	Th

## Meadowbrook School's Out Basketball Camp

**9-14 yrs / May 1 / \$57**

School is out and Meadowbrook is open for action! The Meadowbrook Basketball Camp has all the excitement of an entire season packed into one fun-filled day. Players, improve your skills and make new friends while enjoying a high-energy basketball experience. Throughout the day, our skilled coaches take you through creative drills, challenging exercises, exciting games and scrimmages to help elevate your game. Camp ends with the Camp Tournament and the crowning of a Camp Champion! Info: Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov).

RP7020.301	Meadowbrook Ath Comp	8:30 AM-5 PM	F
------------	----------------------	--------------	---

## Youth Basketball League (YBL)

**Spring, Summer, & Fall Sessions**

Boys and girls, come have fun playing basketball while learning the fundamentals of the game! The Youth Basketball League focuses on skill development, sportsmanship, basketball knowledge, and fun! We provide a "Good Sports" atmosphere through our certified volunteer coaches, league staff, and facilities. This exciting league features one weeknight practice and one game per week. Every player is guaranteed to participate in each game. The YBL is for novice to experienced players who wish to learn while playing in a recreational atmosphere. Volunteer head coaches needed and volunteer assistant coaches welcomed. Registration: 410-313-7275.

### Spring Session

#### Youth Basketball League

**9-14 yrs / 6 games starting Mar 23 / \$110, \*\$55 head coach's child**

The Spring Session consists of three practices followed by six league games and ending with a single-elimination playoff. One-hour, full-court, officiated games are held on Friday nights starting between 6-9 PM. Specific details on practice and game times/locations are communicated after the preseason skills assessment on March 18 or 19. Info/Volunteer to coach: Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov).

Locations TBD / Registration deadline is Mar 13

RP6184.301	9-10 yrs	RP6184.302*	9-10 yrs
RP6184.311	11-12 yrs	RP6184.312*	11-12 yrs
RP6184.321	13-14 yrs	RP6184.322*	13-14 yrs

### Summer Sessions

#### Youth Basketball League

**9-14 yrs / 6 games starting Jul 6 / \$110, \*\$55 head coach's child**

The Summer Session consists of three practices followed by six league games and ending with a single-elimination playoff. One-hour, full-court, officiated games are held on Friday nights starting between 6-9 PM. Specific details on practice and game times/locations are communicated after the preseason skills assessment on July 1 or 2. Info/Volunteer to coach: Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov).

Locations TBD / Registration deadline is Jun 15

RP6184.401	9-10 yrs	RP6184.402*	9-10 yrs
RP6184.411	11-12 yrs	RP6184.412*	11-12 yrs
RP6184.421	13-14 yrs	RP6184.422*	13-14 yrs

## High School Basketball League

**Grades 9-12 / 6 games starting Jul 14 / Prices below**

Finish your summer in this fast-paced, high-energy league! Games are played on weekday evening(s). Coaches and players are encouraged to register as a school or organizational team. HCRP forms teams from individual registrants. Info: Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov).

Team Registration / \$450 / Locations TBD

RP6403.401	Boys Varsity	RP6403.405	Girls Varsity
RP6403.402	Boys Jr. Varsity	RP6403.406	Girls Jr. Varsity

Individual Registration / \$65 / Locations TBD

RP6403.403	Boys Varsity	RP6403.407	Girls Varsity
RP6403.404	Boys Jr. Varsity	RP6403.408	Girls Jr. Varsity

## CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.





*Cricket is the second most popular sport worldwide. Come sign-up and see why the sport continues to grow in popularity!*

### Fall Sessions

#### Youth Basketball League

**5-8 yrs / 8 wks starting Sep 7 / \$82, \*\$52 head coach's child**

The Department forms teams, which practice on weeknights beginning the week of September 7. One-hour games are scheduled on Saturdays, between 8 AM and noon, starting September 12. Practices and games are played at the Meadowbrook Athletic Complex, Roger Carter Community Center, or North Laurel Community Center. Players receive a jersey and participation award. Coaches contact participants regarding practice days/times one week prior to program's start date. Volunteer head coaches are needed and their child receives a discount. Individual registration only. Info: Carson Nickell, 410-313-4720 or [cjnickell@howardcountymd.gov](mailto:cjnickell@howardcountymd.gov).

Meadowbrook Ath Comp & Roger Carter Comm Ctr / 8 AM-noon / Sa

Registration deadline is August 16.

RP5600.501	5-6 yrs	RP5600.511*	5-6 yrs
RP5600.502	7-8 yrs	RP5600.512*	7-8 yrs

#### Youth Basketball League

**9-14 yrs / 6 games starting Sep 14 / \$110, \*\$55 head coach's child**

The Fall Session consists of three practices followed by six league games and ending with a single-elimination playoff. One-hour, full-court, officiated games are held on Friday nights starting between 6-9 PM. Specific details on practice and game times/locations are communicated after the preseason skills assessment on September 8 or 9. Info/Volunteer to coach:

Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov)

Locations TBD / Registration deadline is Sep 4

RP6184.501	9-10 yrs	RP6184.502*	9-10 yrs
RP6184.511	11-12 yrs	RP6184.512*	11-12 yrs
RP6184.521	13-14 yrs	RP6184.522*	13-14 yrs

### High School Basketball Leagues

**Grades 9-12 / 6 games starting Sep 19 / Prices below**

Fine tune your skills before try-outs and the season! Coaches and players are encouraged to register as a school or organizational team. HCRP forms teams from individual registrants. Games played on Saturdays at MAC with start times between 9 AM-2 PM. Info: Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov).

Team Registration / \$450 / Locations TBD

RP6403.501	Boys Varsity	RP6403.505	Girls Varsity
RP6403.502	Boys Jr. Varsity	RP6403.506	Girls Jr. Varsity

Individual Registration / \$65 / Locations TBD

RP6403.503	Boys Varsity	RP6403.507	Girls Varsity
RP6403.504	Boys Jr. Varsity	RP6403.508	Girls Jr. Varsity

## Adults (18 yrs +)

- Registration: 410-313-7275.
- League Refund Policy [Page 76](#).

### Spring and Summer League Basketball

Pull down some boards, tickle the twine, or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental, and administration. Info: Mark Pendleton, 410-313-4703 or [mpendleton@howardcountymd.gov](mailto:mpendleton@howardcountymd.gov) or [www.hcrpsports.com/basketball.htm](http://www.hcrpsports.com/basketball.htm).

#### Men's Spring Basketball Leagues

**6 wks, start dates below / \$485 per team**

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr  
Register by Mar 20.

RP5080.301	18 yrs +	Apr 7	8 PM	Tu
RP5080.302	30 yrs +	Apr 7	8 PM	Tu
RP5080.303	18 yrs +	Apr 8	8 PM	W
RP5080.304	18 yrs +	Apr 9	8 PM	Th

#### Women's Spring League Basketball

**6 wks starting Apr 9 / \$485 per team**

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr  
Register by Mar 20.

RP5080.305	18 yrs +	8 PM	Th
------------	----------	------	----

#### Men's Summer Basketball Leagues

**8 wks, start dates below / \$600**

Meadowbrook Ath Comp, N Laurel Comm Ctr & Roger Carter Comm Ctr  
Register by May 29. Register by May 15 to receive a 5% discount.

RP5080.401	18 yrs +	Jun 16	8 PM	Tu
RP5080.402	30 yrs +	Jun 16	8 PM	Tu
RP5080.403	18 yrs +	Jun 17	8 PM	W
RP5080.404	18 yrs +	Jun 18	9 PM	Th

## March Madness

### 3-on-3 Basketball Tournament

**18 yrs + / Apr 11 / \$105**

Get in on the madness of March basketball. This 3-on-3 tournament crowns a new champion in Howard County. Group and elimination rounds take place on Saturday, April 11. Teams provide uniforms. Fee includes four-game minimum, referees, awards, and administration. Info: Carson Nickell, 410-313-4720 or [cjnickell@howardcountymd.gov](mailto:cjnickell@howardcountymd.gov).

RP5605.301	Roger Carter Comm Ctr	9 AM-4:30 PM	Sa
------------	-----------------------	--------------	----

### Drop-In Co-Rec Basketball

**18 yrs + / 5 wks, start dates below / \$24**

Join athletes of all ability levels for basketball scrimmages. Choose the night and location that works best for you. Games are self-officiated and site staff help form balanced teams. Driver's license required for admission. Choose the "Get Active Package" (see page 9) to save money and participate in additional athletic opportunities. Some gyms cancel by the third meeting due to insufficient attendance. Info: SusanMarkovitz, 410-313-4674 or [samarkovitz@howardcountymd.gov](mailto:samarkovitz@howardcountymd.gov).

RP6900.301	18 yrs +	Rockburn ES	Apr 13	8-10 PM	M
RP6900.311	30 yrs +	Bonnie Branch MS	Apr 13	8-10 PM	M
RP6900.312	30 yrs +	Bonnie Branch MS	Apr 16	8-10 PM	Th
RP6900.313	30 yrs +	Reservoir HS	Apr 14	8-10 PM	Tu
RP6900.314	30 yrs +	Reservoir HS	Apr 16	8-10 PM	Th

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

## Cricket

- Registration: 410-313-7275.
- Info: Patrick McGinnis, 410-313-4716 or [pmcginnis@howardcountymd.gov](mailto:pmcginnis@howardcountymd.gov).
- League Refund Policy *Page 76*.

### Wicket Fun! Youth Cricket 5-14 yrs / 8 classes starting Apr 18 / \$85

Here is a chance to get a taste of what makes cricket the second most popular sport worldwide! Cricket is a global sport – from India to Pakistan, England to South Africa, and Australia to Howard County. Let quality Recreation & Parks Cricket Coaches teach you the X's & O's of the fastest-growing sport in the United States. The coaches provide a unique curriculum that teaches the fundamentals necessary to understand and perform the game of cricket on the pitch and in the field. During the 8-week program, everyone receives specialized instruction on all aspects of the game, including batting, bowling, fielding, and following the rules. No matter your level of experience, whether you have never played or have played for years, this instructional league ensures you leave a better cricket player! The program's focus is on skill development through drills, game rules, and scrimmages. Practice and receive instruction for the first few weeks leading into scrimmage games the second half of the season. All program meetings take place on Saturday mornings.

RP5976.301	Meadowbrook Pk	5-10 yrs	9-11 AM	Sa
RP5976.302	Meadowbrook Pk	11-14 yrs	9-11 AM	Sa

### Adult Cricket League – 2015 Season 18 yrs + / 15 wks starting Apr 18-19 / \$550 (team registration only)

Cricket enthusiasts looking for a competitive, recreational league in the Howard County area, look no further! Recreation & Parks is expanding the area's only organized adult cricket league. Two divisions (totals based on final registration) compete in a preseason, cross-division "friendly" format which leads to an inter-division (play each team once) regular season and a single-elimination tournament (all teams eligible) to determine the 2014 league champion. Games are played at Schooley Mill Park and Murray Hill Middle School on Saturdays and Sundays (balanced, rotating schedule), any time between 8 AM-3 PM. Games are 20 overs and limited to three hours in length. Additional league rules TBA to registered teams. Maximum roster is 30 players per team; games are played with 11 players a side. League provides a game ball per scheduled game – extra balls can be purchased by teams. League ball is a heavy/modified tennis ball manufactured for cricket use – any manufacture is eligible. Fee includes game schedule, playoffs, awards, field rental, game balls and administration. Registration deadline: March 9.

RP5975.301	Schooley Mill Pk & Murray Hill MS	8 AM-3 PM	Sa & Su
------------	-----------------------------------	-----------	---------

## Dodgeball

- Registration: 410-313-7275. Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).
- Adult League visit [www.eteamz.com/hcrpsports](http://www.eteamz.com/hcrpsports)

### After-School Dodgeball 7-10 yrs / 7 classes, start dates below / \$55

This is a great way for all ability levels to stay active, be a part of a team and have fun! Learn and play variations of Dodgeball. Worried about safety? We use foam balls (gator skin) that are designed for accuracy and minimize the risk of injury. Meet coaches in the gym. (No class 5/25.)

RP6200.301	Fulton ES	Apr 13	4-5 PM	M
RP6200.302	Pointers Run ES	Apr 14	4-5 PM	Tu
RP6200.303	Elkridge ES	Apr 15	4-5 PM	W
RP6200.304	Northfield ES	Apr 16	3:15-4:15 PM	Th

## Fencing

- Registration: 410-313-7275.
- Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

### Fencing with the Baltimore Fencing Center 8-12 yrs / 8 classes starting Apr 16 / \$110

Have you ever dreamed of clashing swords like the pirates of the Caribbean? Or wished you could be a steel-wielding musketeer? Work with the highly experienced instructors from Baltimore Fencing Center to try your hand at the exciting sport of fencing. Instructors use both traditional drilling techniques and games to help students learn basic footwork, bladework, and bouting practices. The course finishes with an in-class tournament.

RP8840.301 Baltimore Fencing Ctr in Columbia 6-7 PM Th

## Field Hockey

- Registration: 410-313-7275.
- Info: Susan Markovitz, 410-313-4674 or [samarkovitz@howardcountymd.gov](mailto:samarkovitz@howardcountymd.gov).

### Warhawk Field Hockey Leagues Grades 3-8 / 12 wks starting Aug 17 / Prices below

Learn the skills and strategies of this fast-moving sport. Perfect for beginner and advanced players, this league offers outstanding instruction, positive encouragement, and an emphasis on teamwork and physical conditioning. Teams have 2 weeknight practices per week. Games on Sundays. Players registered for grades 7-8 may try out for Elite Team in early June for an extra fee. Registration deadline is April 10.

Purchase new uniform / \$194

RP5960.511	Grades 3-4	Noon-6 PM	Su
RP5960.521	Grades 5-6	Noon-6 PM	Su
RP5960.531	Grades 7-8	Noon-6 PM	Su

With uniform from last season / \$120

RP5960.541	Grades 3-4	Noon-6 PM	Su
RP5960.551	Grades 5-6	Noon-6 PM	Su
RP5960.561	Grades 7-8	Noon-6 PM	Su

### High School Summer Field Hockey League 14-18 yrs / 8 wks starting May 4 / \$880 per team

This competitive field hockey league is open to current high school players. Teams compete in full-field, 11 v. 11 league play. All teams must play with a goalie. Teams must provide their own goalie equipment and team uniforms/t-shirts. Registration is by teams only. Registration fee includes officials and administrative fees. Games are played on Mondays and/or Wednesdays evenings, 6-10 PM. Registration deadline is April 16.

RP5262.401 County Parks 6-10 PM M & W

### Spring Instructional Field Hockey 6-14 yrs / 6 classes starting Apr 9 / \$87

Varsity coaches from local high schools instruct in a format that blends short-sided game playing with teaching the skills and strategies of this fast-moving sport. Program is perfect for both advanced beginner and prospective players. Our synthetic field turf provides an optimal playing and learning surface. Fee includes t-shirt, supplies and administration. Bring a reusable water bottle. Mouth guard, stick and shin guards are required.

RP5260.301	10 ½-14 yrs	Cedar Lane Pk West	5:30-7 PM	Th
RP5266.301	6-10 yrs	Cedar Lane Pk West	5:30-7 PM	Th



Join us after school for some flag football fun.

## Fitness

- Registration: 410-313-7275.
- Info: Carson Nickell, 410-313-4720 or [cjnickell@howardcountymd.gov](mailto:cjnickell@howardcountymd.gov).

### Beginner Strength Training 13-16 yrs / 8 classes, start dates below / \$99

Learn the basics of safe resistance training and the proper nutritional guidelines to strengthen and build muscle. This weight training class is designed for beginners looking to learn the most beneficial lifts, techniques, and rep ranges. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Small classes consisting of 4-8 participants allow instructors to focus on each individual.

RP8567.301	Roger Carter Comm Ctr	Apr 7	6-7 PM	Tu
RP8567.302	N Laurel Comm Ctr	Apr 8	6-7 PM	W

## Floor Hockey

- Registration: 410-313-7275.
- Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

### Kiddie Floor Hockey 5-7 yrs / 7 classes, start dates & prices below

Come learn how to play hockey! This first-time/beginner level class does not involve checking. Learn and improve skills, including puck/ball control, passing, shooting, teamwork and game play. Shin guards are recommended. (No class 5/25.)

RP6265.301	Elkridge ES	5:05-6:05 PM	Apr 13	M	\$55
RP6265.302	Bushy Park ES	5-6 PM	Apr 15	W	\$55
RP6265.303	Fulton ES	5:05-6:05 PM	Apr 16	Th	\$55
RP6265.304	Meadowbrook Ath Comp	5:05-6 PM	Apr 14	Tu	\$51

### After-School Floor Hockey 8-10 yrs / 7 classes, start dates below & prices below

This fast-paced, fun, beginner hockey class does not involve checking. Learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in the gym. Shin guards are recommended. (No class 5/25.)

RP6263.301	Elkridge ES	4-5 PM	Apr 13	M	\$55
RP6263.302	Bushy Park ES	3:55-4:55 PM	Apr 15	W	\$55
RP6263.303	Fulton ES	4-5 PM	Apr 16	Th	\$55
RP6263.304	Meadowbrook Ath Comp	4:10-5:05 PM	Apr 14	Tu	\$51

## Football

### Youth Programs (5-14 yrs)

- Registration: 410-313-7275.
- Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

### Kiddie Flag Football

#### 5-7 yrs / 7 classes, start dates below / \$55

Boys and girls, come learn and improve skills and focus on the fundamentals of passing, catching, running routes, and team play, all in a fun and exciting environment. Players apply their skills during scrimmages. Meet on the field. (No class 5/25.)

RP6030.301	Hammond ES	4:40-5:40 PM	Apr 13	M
RP6030.302	Hollifield Station ES	4:25-5:30 PM	Apr 14	Tu
RP6030.303	Fulton ES	5:05-6:05 PM	Apr 15	W
RP6030.304	Elkridge ES	5:05-6:05 PM	Apr 16	Th
RP6030.305	Dayton Oaks ES	4:40-5:40 PM	Apr 16	Th

### After-School Flag Football

#### 8-10 yrs / 7 classes, start dates below / \$55

Boys and girls learn and improve skills by focusing on the fundamentals of passing, catching, running routes, and team play, all in a fun and exciting environment. Players apply their skills during scrimmages. Meet outside school office; coaches escort players to field. (No class 5/25.)

RP6031.301	Hammond ES	3:35-4:35 PM	Apr 13	M
RP6031.302	Hollifield Station ES	3:20-4:20 PM	Apr 14	Tu
RP6031.303	Fulton ES	4-5 PM	Apr 15	W
RP6031.304	Elkridge ES	4-5 PM	Apr 16	Th
RP6031.305	Dayton Oaks ES	3:35-4:35 PM	Apr 16	Th

### Youth League (5-14 yrs)

- Registration: 410-313-7275.
- Info: Sandra Lambert at 410-313-4715 or [slambert@howardcountymd.gov](mailto:slambert@howardcountymd.gov).

### Spring NFL Flag Football League

#### 5-15 yrs / 9 wks starting Apr 11 / \$105; \*\$75 head coach's child

Boys and girls, play flag football while working on basic skills. Fifty-minute games are 5-on-5 and non-contact. Practices are one hour, once a week on a weeknight, beginning at least one week before games begin. Practice locations are in different areas of the county. Register by practice location. All games are played on Saturdays at Hollifield ES in Ellicott City beginning April 11. Games are from 8:30 AM-5 PM, beginning at 8:30 AM with ages 5-6 and 12-15; and continue throughout the day. The Department forms teams. Special request are considered but may not be possible. Fee includes team shirt and participation award. Volunteer coaches are needed. \*Head coach's child receives a discount and is guaranteed a spot on his/her team. Season ends with an optional tournament for 9-15 year olds.

#### 5-6 yrs / Sa

RP6300.301	Columbia	RP6300.302*	Columbia
RP6300.303	Elkridge	RP6300.304*	Elkridge
RP6300.305	Ellicott City	RP6300.306*	Ellicott City
RP6300.307	Dayton Oaks	RP6300.308*	Dayton Oaks

#### 7-9 yrs / Sa

RP6300.311	Columbia	RP6300.312*	Columbia
RP6300.313	Elkridge	RP6300.314*	Elkridge
RP6300.315	Ellicott City	RP6300.316*	Ellicott City
RP6300.317	Dayton Oaks	RP6300.318*	Dayton Oaks



#### 9-12 yrs / Sa

RP6300.321 Columbia  
RP6300.323 Ellicott City  
RP6300.327 Dayton Oaks

RP6300.322\* Columbia  
RP6300.324\* Ellicott City  
RP6300.328\* Dayton Oaks

#### 12-15 yrs / Sa

RP6300.331 Columbia  
RP6300.333 Ellicott City  
RP6300.337 Dayton Oaks

RP6300.332\* Columbia  
RP6300.334\* Ellicott City  
RP6300.338\* Dayton Oaks

## Adult Leagues (18 yrs +)

- Registration: 410-313-7275.
- Info/Rules: Nicola Morgal, 410-313-4718 or nmorgal@howardcountymd.gov or www.howardcountymd.gov/football.htm.
- League Refund Policy Page 76.

### Fall Co-Rec Football League

**18 yrs + / 8 wks + playoffs starting Sep 8 / \$300 per team**

Enjoy playing this fast-action, non-contact, no-blocking, touch football league. Teams play 8-on-8. Teams provide own uniforms and football. Schedule includes six games plus playoffs. All teams qualify for playoffs. Fee includes six-game schedule, playoffs, awards, field rental, and administration. Teams are responsible for \$34 referee fee paid on-site to referee crew at each game (regular season only). No forfeit bond is collected. If a team forfeits, it must pay the referees for forfeited game (\$68) prior to its next scheduled game. Failure to do so results in that team's removal from the league without refund. Team managers are updated with a league packet one week prior to start of games. Register by August 1.

Info: Nicola Morgal, 410-313-4718 or nmorgal@howardcountymd.gov.

RP5301.501	County Parks (Turf fields)	A Division	6-10:30 PM	Tu
RP5301.502	County Parks (Turf fields)	B Division	6-10:30 PM	Tu

### Fall Men's Run & Shoot Football League

**18 yrs + / 8 wks + playoffs starting Aug 16 / \$300 per team**

Enthusiasts, come play this fast-action, low-contact version of touch football. Teams play six on defense and five on offense. Fee includes a six-game schedule, playoffs, awards, field rental, and administration. Teams provide uniforms and an official NFL-sized football. Teams are responsible for \$51 referee fee paid on-site to referee crew at each game (regular season only). No forfeit bond is collected. If a team forfeits, the team must pay the referees for the forfeited game (\$102) prior to its next scheduled game. Failure to do so results in the team's removal from the league without refund. All teams qualify for playoffs. Team managers are updated with a league packet one week prior to start of games. Register by July 15.

RP5300.501	County Parks (turf fields)	8 AM-2 PM	Su
------------	----------------------------	-----------	----

### Co-Rec Football Tournament

**18 yrs + / Jun 27 & 28 / \$200 per team**

Enthusiasts, come enjoy playing this fast-action, low-contact version of touch football. Teams play 8-on-8. Fee includes three-game guarantee, tournament schedule, awards, field rental and administration. Teams provide uniforms and football. Team manager is updated with the tournament schedule and rules one week prior to the tournament. Register by June 1.

RP5303.402 County Parks (turf fields) 9 AM-5 PM Sa & Su

## Men's Run & Shoot Football Tournament

**18 yrs + / Jul 26 & 27 / \$200 per team**

Enthusiasts, enjoy playing this fast-action, low-contact version of touch football. Teams play six on defense and five on offense. Fee includes three-game guarantee, tournament schedule, awards, field rental and administration. Teams provide uniforms and an official NFL-sized football. Team manager is updated with the tournament schedule and rules one week prior to the tournament. Register by July 1.

RP5303.401 County Parks (turf fields) 9 AM-5 PM Sa & Su

## Golf

- Registration: 410-313-7275.
- Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

### Backyard Golf

**4-8 yrs / 5 classes, start dates below / \$68**

Join us for an exciting introduction into the world of golf. Learn basic swings, rules of the sport, and proper etiquette using SNAG golf equipment. All equipment is provided. Parent volunteers are encouraged to participate.

#### 4-5 yrs

RP6319.301	Patapsco MS	Apr 14	5:30-6:15 PM	Tu
RP6319.302	Burleigh Manor MS	Apr 15	5:30-6:15 PM	W
RP6319.303	Mayfield Woods MS	Apr 16	5:30-6:15 PM	Th

#### 6-8 yrs

RP6319.311	Patapsco MS	Apr 14	6:15-7 PM	Tu
RP6319.312	Burleigh Manor MS	Apr 15	6:15-7 PM	W
RP6319.313	Mayfield Woods MS	Apr 16	6:15-7 PM	Th

### A Golf Experience

**5-10 yrs / 4 classes, start dates below / \$99**

Join certified golf instructors for a unique, fun golf experience in an energetic and safe environment. By using fun themes and words like GRASS (Grip, Relax, Aim, Stance and Swing). Learn proper golf fundamentals that position them for golf success. Experience the game of golf from "green to tee." We start on the putting green to learn the art of a good putt and move to chipping stations to learn how to get the ball in air. Next up is pitching through fun and sometimes moving targets. Hitting the ball long with the full swing completes the experience. We fit and supply real golf clubs for every participant and provide all other equipment used during the class.

RP6318.301	Clemens Crossing ES	Apr 13	4-5 PM	M
RP6318.302	Clemens Crossing ES	Apr 13	5:05-6:05 PM	M
RP6318.303	Clarksville ES	Apr 14	4-5 PM	Tu
RP6318.304	Clarksville ES	Apr 14	5:05-6:05 PM	Tu
RP6318.305	Fulton ES	Apr 16	4-5 PM	Th
RP6318.306	Fulton ES	Apr 16	5:05-6:05 PM	Th

### Junior Golf Spring Break Camp

**8-14 yrs / 3 days starting Mar 30 / \$95**

Learn the fundamentals of how to play the game, including the swing, basic rules, and etiquette. Play on the course the last day. No equipment or experience necessary.

RP7324.301 Timbers at Troy Golf Course 8:30-11 AM M, Tu & W

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



## Junior Golf

**8-17 yrs / 4 or 5 classes, start dates below / \$82 + ball fee**

This introduction to the game includes swing fundamentals, rules and etiquette. No equipment or experience necessary. Ball fee: \$15 at first class for Timbers and Fairway Hills; \$7 per week for Waverly Woods; \$6 per week for Rocky Gorge. (No class 7/4.)

### Timbers at Troy Golf Course / 5 classes

RP6320.301	Apr 13	4:30-5:15 PM	M
RP6320.302	Apr 15	4:30-5:15 PM	W
RP6320.303	Apr 17	4:30-5:15 PM	F
RP6320.304	Apr 18	9-9:45 AM	Sa
RP6320.305	Apr 18	Noon-12:45 PM	Sa
RP6320.401	Jun 1	4:30-5:15 PM	M
RP6320.402	Jun 3	4:30-5:15 PM	W
RP6320.403	Jun 5	4:30-5:15 PM	F
RP6320.404	Jun 6	9-9:45 AM	Sa
RP6320.405	Jun 6	Noon-12:45 PM	Sa

### Waverly Woods Golf Course / 5 classes / 4-4:45 PM

RP6320.306	Apr 15	W	RP6320.406	Jun 3	W
RP6320.307	Apr 17	F	RP6320.407	Jun 5	F

### Rocky Gorge Golf Fairway / 5 classes / 10-11 AM

RP6320.308	Apr 18	Sa	RP6320.408	Jun 6	Sa
------------	--------	----	------------	-------	----

### Fairway Hills Golf Course / 4 classes / 1-2 PM

RP6320.309	Apr 18	Sa	RP6320.409	Jun 6	Sa
RP6320.310	Apr 19	Su	RP6320.410	Jun 7	Su

## Adults (18 yrs +)

### Fairway Hills Golf Lessons

**18 yrs + / 4 classes, start dates below / \$82 + \$15 ball fee**

These small-group beginner lessons include putting, chipping and full swing with both irons and woods. Ball fee due at first lesson; no clubs required.

#### **Fairway Hills Golf Course**

##### Advanced Beginner

RP6321.301	Apr 13	4-5 PM	M
<u>Beginner</u>			
RP6321.302	Apr 14	11 AM-noon	Tu
RP6321.303	Apr 15	4-5 PM	W
RP6321.304	Apr 16	11 AM-noon	Th
RP6321.305	Apr 19	10-11 AM	Su

##### Advanced Beginner

RP6321.401	Jun 1	4-5 PM	M
------------	-------	--------	---

##### Beginner

RP6321.402	Jun 2	11 AM-noon	Tu
RP6321.403	Jun 3	4-5 PM	W
RP6321.404	Jun 4	11 AM-noon	Th
RP6321.405	Jun 7	10-11 AM	Su

### Rocky Gorge Golf Lessons

**18 yrs + / 5 wks, start dates below / \$82 + \$6 per wk ball fee**

Beginners and advanced beginners learn the fundamentals of a sound swing and learn personal skill analysis and self-improvement of distance and approach in small-group lessons. Ball fee due weekly; no clubs required.

#### Rocky Gorge Golf Fairway

RP6323.301	Apr 14	6-6:45 PM	Tu
RP6323.302	Apr 15	6-6:45 PM	W
RP6323.303	Apr 18	11-11:45 AM	Sa
RP6323.401	Jun 2	6-6:45 PM	Tu
RP6323.402	Jun 3	6-6:45 PM	W
RP6323.403	Jun 6	11-11:45 AM	Sa

## Timbers at Troy Golf Lessons

**18 yrs + / 5 classes, start dates below / \$82 + \$15 ball fee**

These small-group lessons for beginners and advanced beginners include iron play, driving, putting and more. Ball fee due at first lesson; no clubs required. (No class 7/4.)

### Beginner / Timbers at Troy Golf Course

RP6324.301	Apr 13	5:30-6:15 PM	M
RP6324.302	Apr 15	5:30-6:15 PM	W
RP6324.303	Apr 17	5:30-6:15 PM	F
RP6324.304	Apr 18	10-10:45 AM	Sa
RP6324.401	Jun 1	5:30-6:15 PM	M
RP6324.402	Jun 3	5:30-6:15 PM	W
RP6324.403	Jun 5	5:30-6:15 PM	F
RP6324.404	Jun 6	10-10:45 AM	Sa

### Advanced Beginner / Timbers at Troy Golf Course

RP6324.311	Apr 13	6:30-7:15 PM	M
RP6324.312	Apr 15	6:30-7:15 PM	W
RP6324.313	Apr 17	6:30-7:15 PM	F
RP6324.314	Apr 18	11-11:45 AM	Sa
RP6324.411	Jun 1	6:30-7:15 PM	M
RP6324.412	Jun 3	6:30-7:15 PM	W
RP6324.413	Jun 5	6:30-7:15 PM	F
RP6324.414	Jun 6	11-11:45 AM	Sa

## Waverly Woods Golf Lessons

**18 yrs + / 5 classes, start dates below / \$82 + \$7 per class ball fee**

In small-group lessons for beginners and advanced beginners, learn iron play, driving, putting and more. Ball fee due at first lesson; no clubs required. (No class 7/4.)

### Beginner / Waverly Woods Golf Course

RP6325.301	Apr 15	5-5:45 PM	W
RP6325.302	Apr 17	5-5:45 PM	F
RP6325.401	Jun 3	5-5:45 PM	W
RP6325.402	Jun 5	5-5:45 PM	F

### Advanced Beginner / Waverly Woods Golf Course

RP6325.311	Apr 15	6-6:45 PM	W
RP6325.312	Apr 17	6-6:45 PM	F
RP6325.411	Jun 3	6-6:45 PM	W
RP6325.412	Jun 5	6-6:45 PM	F

## Gymnastics

- Registration: 410-313-7275.
- Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

## Youth (1½-12 yrs)

### Parent/Child Gymnastics

**1½-3½ yrs / 6 classes, start dates below / \$99**

Be an active participant as your child develops self-awareness, coordination, and locomotor movement. Toddlers use a variety of gymnastics equipment, songs, games, and climbing activities in a fun and supportive atmosphere.

Adult and child must register together. Child must be walking.

RP6351.301	Columbia Gymnastics	Apr 16	10-10:45 AM	Th
RP6351.302	Columbia Gymnastics	Apr 17	10-10:45 AM	F

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



Backbends, cartwheels, and more are taught by trained instructors at Columbia Gymnastics.

## Preschool Gymnastics

**3-5 yrs / 6 classes, start dates below / \$99**

In this introduction to gymnastics, boys and girls develop strength coordination and locomotor movement, listening skills, and cooperation. Participants use all types of gymnastics and physical education equipment including bars, beams, mats, trampolines, and a foam training pit. Emphasis is on fun in a safe and supportive atmosphere. Diapers or pull-ups are not allowed.

### Columbia Gymnastics

RP6352.301	Apr 13	5-5:45 PM	M
RP6352.302	Apr 14	1:45-2:30 PM	Tu
RP6352.303	Apr 14	2:30-3:15 PM	Tu
RP6352.304	Apr 15	9:15-10 AM	W
RP6352.305	Apr 15	1-1:45 PM	W
RP6352.306	Apr 15	1:45-2:30 PM	W
RP6352.307	Apr 15	2:30-3:15 PM	W
RP6352.308	Apr 15	4:30-5:15 PM	W
RP6352.309	Apr 16	9:15-10 AM	Th
RP6352.310	Apr 16	10:45-11:30 AM	Th
RP6352.311	Apr 16	2-2:45 PM	Th
RP6352.312	Apr 16	2:45-3:30 PM	Th
RP6352.313	Apr 17	9:15-10 AM	F
RP6352.314	Apr 17	10:45-11:30 AM	F
RP6352.401	Jun 16	4:30-5:15 PM	Tu
RP6352.402	Jun 16	5:30-6:15 PM	Tu
RP6352.403	Jun 18	4:30-5:15 PM	Th

## Cartwheels and Crafts

**3-6 yrs / 6 classes, start dates below / \$171**

Does your child have lots of physical and creative energy? This class combines the fun of gymnastics with creative craft time. Bounce on the trampolines, climb in the foam pit and create wonderful arts and crafts. Diapers or pullups are not allowed.

RP6354.301	Columbia Gymnastics	Apr 15	1-3 PM	W
RP6354.401	Columbia Gymnastics	Jun 17	1-3 PM	W

## Beginning Gymnastics

**6-12 yrs / 6 classes, start dates below / \$99**

Enjoy an introduction to the beginning skills and progressions of the vault, uneven bars, balance beam, and floor exercise using a variety of equipment including trampolines and a foam training pit. Participants begin to develop confidence, fitness, strength and flexibility in a fun, supportive environment.

### Boys / Columbia Gymnastics

RP6353.301	Apr 16	6:30-7:30 PM	Th
RP6353.401	Jun 18	6:30-7:30 PM	Th

### Girls / Columbia Gymnastics

RP6353.311	Apr 14	4:30-5:30 PM	Tu
RP6353.312	Apr 16	6:30-7:30 PM	Th
RP6353.313	Apr 17	6:30-7:30 PM	F
RP6353.314	Apr 18	11:45 AM-12:45 PM	Sa
RP6353.411	Jun 16	4:30-5:30 PM	Tu
RP6353.412	Jun 18	6:30-7:30 PM	Th

# Jump Rope

- Registration: 410-313-7275.
- Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

## Junior Jumpers with Kangaroo Kids

**6-14 yrs / 8 classes, start dates below / \$116**

This is a beginning jump rope class that is all about fun and fitness. Jumpers learn basic single rope, Double Dutch and long rope skills. Returning jumpers should bring their beaded jump ropes. Jump rope fee: \$7 for first-time participants due at first class.

RP6361.301	Meadowbrook Ath Comp	Apr 14	4:25-5:25 PM	Tu
RP6361.302	Meadowbrook Ath Comp	Apr 14	5:30-6:30 PM	Tu
RP6361.303	Meadowbrook Ath Comp	Apr 15	4:25-5:25 PM	W
RP6361.304	Meadowbrook Ath Comp	Apr 15	5:30-6:30 PM	W

## Intermediate Jumpers with Kangaroo Kids

**6-16 yrs / 8 classes, start dates below / \$116**

Jumpers build on basic single and long rope skills and are introduced to precision group routines. Prerequisite: Minimum of two sessions of *Junior Jumpers* and/or coach's approval.

RP6363.301	Meadowbrook Ath Comp	Apr 14	4:25-5:25 PM	Tu
RP6363.302	Meadowbrook Ath Comp	Apr 14	5:30-6:30 PM	Tu
RP6363.303	Meadowbrook Ath Comp	Apr 15	4:25-5:25 PM	W

## Preparation to Perform with Kangaroo Kids

**6-16 yrs / 8 classes, start dates below / \$116**

Jumpers with a desire to ultimately perform at public events build on single and long rope skills, learn precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum of two sessions of *Intermediate Jumpers* and/or coach's approval.

RP6364.301	Meadowbrook Ath Comp	Apr 14	4:25-5:25 PM	Tu
RP6364.302	Meadowbrook Ath Comp	Apr 15	5:25-6:25 PM	W

# Kickball

## Adult Kickball Leagues (Team registration only)

Visit [www.eteamz.com/hcrpsports/](http://www.eteamz.com/hcrpsports/)

# Lacrosse

Registration: 410-313-7275.

## Youth (3-17 yrs )

### Little LAXers Lacrosse

**3-4 yrs / 6 classes, start dates below / \$75**

Have fun with an exciting intro to lacrosse! Learn scooping, passing, catching, cradling and shooting while having a blast in a team environment. Experienced coaches use age-appropriate games and activities to encourage active involvement and development of social skills. Parents are expected to sit on the sidelines and watch in case assistance is needed. (No class 5/1, 5/23, 5/25.) Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6972.301	Cedar Lane Pk West	Apr 13	1:30-2:15 PM	M
RP6972.302	Ducketts Lane ES	Apr 13	6:30-7:15 PM	M
RP6972.303	Gary J Arthur Comm Ctr	Apr 14	10:30-11:15 AM	Tu
RP6972.304	Meadowbrook Ath Comp	Apr 14	12:30-1:15 PM	Tu
RP6972.305	N Laurel Comm Ctr	Apr 14	6-6:45 PM	Tu
RP6972.306	Cedar Lane Pk West	Apr 15	9:30-10:15 AM	W
RP6972.307	Hollifield Station ES	Apr 18	10:30-11:15 AM	Sa
RP6972.308	Dayton Oaks ES	Apr 18	2:30-3:15 PM	Sa



*At any level, it is always good to get back to basics. Come prep for the season through stick work, shooting, ground balls, and more.*

## Hero's Summer Lacrosse League – For Boys and Girls

**Gr K-8 / 6 wks starting Jun 14 / \$90 before May 15; \$100 after**

Get ready for Hero's Summer Lacrosse. Players are assigned to teams based on submitted position and experience level. Experience is not necessary but this is not an instructional league. Players receive a jersey from their coach, and are required to provide their own lacrosse equipment. Each player plays a minimum of half the game. Each team has one game per week with no practices. Games are played at Blandair Park. Info: Ray Hall, 410-313-1689 or [arhall@howardcountymd.gov](mailto:arhall@howardcountymd.gov).

### Boys

Blandair Pk / Fields 1-3

RP5530.401	Gr K-2 (Clinic)	Tu	5-8 PM
RP5530.402	Gr 3-4 (Tyker)	M	5-8 PM
RP5530.403	Gr 5-6 (Midget)	Tu	5-8 PM
RP5530.404	Gr 7-8 (Juniors)	M	5-8 PM

### Girls

Blandair Pk / Fields 1-3

RP5530.411	Gr K-2 (Clinic)	Th	5-8 PM
RP5530.412	Gr 3-4 (Tyker)	W	5-8 PM
RP5530.413	Gr 5-6 (Midget)	Th	5-8 PM
RP5530.414	Gr. 7-8 (Juniors)	W	5-8 PM

### High School Girls League

Individual / \$90 before May 15; \$100 after May 15

RP5530.415	Gr 9-12	W, Th	5-8 PM
------------	---------	-------	--------

Team / \$1,250

RP5530.416	Gr 9-12	W, Th	5-8 PM
------------	---------	-------	--------

## Lacrosse Introduction - Boys

**5-10 yrs / 6 classes starting Apr 12 / \$80**

First-time players or those wanting to improve skills focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls, and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse equipment. Info: Ray Hall, 410-313-1689 or [arhall@howardcountymd.gov](mailto:arhall@howardcountymd.gov).

Cedar Lane Pk East

RP6505.301	5-6 yrs	2-3 PM	Su
RP6505.302	7-8 yrs	3:15-4:15 PM	Su
RP6505.303	9-10 yrs	4:30-5:30 PM	Su

## Lacrosse Introduction - Girls

**5-10 yrs / 6 classes starting Apr 12 / \$80**

First-time players or those wanting to improve skills focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls, and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse stick and protective eyewear (mandated by U.S. Lacrosse). Info: Ray Hall, 410-313-1689 or [arhall@howardcountymd.gov](mailto:arhall@howardcountymd.gov).

Cedar Lane Pk East

RP6506.301	5-6 yrs	2-3 PM	Su
RP6506.302	7-8 yrs	3:15-4:15 PM	Su
RP6506.303	9-10 yrs	4:30-5:30 PM	Su

## Adaptive Lacrosse Clinic – For Youth and Adults

**10-21 yrs / 6 classes starting Apr 12 / \$80**

Students with developmental disabilities improve skills and focus on lacrosse fundamentals. Program offers youth of all abilities the opportunity to develop social skills while playing adaptive non-competitive lacrosse. However, this program may not be appropriate for all individuals. Adaptive Lacrosse is being offered to provide integration opportunities in a fun and non-competitive setting, with a focus on lacrosse fundamentals. All equipment is provided. Parents and volunteers are needed to assist in our adaptive lacrosse sessions. Info: Ray Hall, 410-313-1689 or [arhall@howardcountymd.gov](mailto:arhall@howardcountymd.gov).

Cedar Lane Pk East

RP6507.301	10-14 yrs	2-3 PM	Su
RP6507.302	15-21 yrs	2-3 PM	Su

## Boys High School Summer

### Lacrosse Leagues

**13-18 yrs / 8 wks + playoffs starting Jun 23 / Prices below**

Each team consists of players from a single high school only. Our goal is to give the players as much time with their school teammates as possible. Varsity and junior varsity divisions are offered. Teams play an eight-game schedule and are eligible for postseason playoffs. Fee includes field use with lights, supplies, administration staff, and game officials. Games played weeknights, 6-11 PM, on synthetic turf fields at Blandair, Rockburn, Cedar Lane, Troy, and Western Regional Parks, and at county high schools. Schedules are emailed. Teams are required to provide two-color reversible jerseys. Info: Derrick Thompson, 410-313-4736.

Individual / \$80 / County Parks

RP5501.401	13-15 yrs	Junior Varsity	6-11 PM	Tu & Th
RP5501.402	15-18 yrs	Varsity	6-11 PM	Tu & Th

Team / \$1,200 / County Parks

RP5501.411	13-15 yrs	Junior Varsity	6-11 PM	Tu & Th
RP5501.412	15-18 yrs	Varsity	6-11 PM	Tu & Th

## Adults (18 yrs +)

### Men's Summer Lacrosse Leagues

**18 yrs + / 8 wks + playoffs starting Jun 22 / Prices below**

Lacrosse enthusiasts, work on your game in this weeknight league. Team and individual registration available (individual registrants are formed into teams to compete in league play). Teams play an eight-game schedule and are eligible for post-season playoffs. Teams are required to provide uniforms (reversible, two-colors) and equipment. Fee includes field use, lights, supplies, administration staff, and game officials. Games played weeknights on synthetic turf fields in Blandair, Rockburn, Cedar Lane, Troy and Western Regional Parks and at county high schools. Schedules are emailed. Info: Derrick Thompson, 410-313-4736

Individual / County Parks / \$80

RP5503.401	18 yrs +	6:30-11 PM	Weeknights
------------	----------	------------	------------

Team / County Parks / \$1,300

RP5503.411	18 yrs + Div A	6:30-11 PM	M & W
RP5503.412	18 yrs + Open Div	6:30-11 PM	Tu & Th
RP5503.413	35 yrs +	6:30-11 PM	M
RP5503.414	45 yrs +	6:30-11 PM	W

## Adaptive Lacrosse Clinic – For Youth and Adults

*See above*

# Martial Arts

## Fencing classes *Page 83*

• Registration: 410-313-7275. • Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

## Youth (5 yrs +)

### TKA Karate

#### 5-12 yrs / Class lengths, start dates & prices below

Boys and girls of all skill levels, come learn karate and jujitsu. Black belt instructors emphasize safety and fun. One week is spent taking or viewing the test or participating in a refresher class. If a class is not listed as beginner or intermediate, it is for all level students. (No class 5/25.)

#### 8 classes / \$44

RP8730.301	Gary J Arthur Comm Ctr	Apr 13	6:30-7:30 PM	M
RP8730.302	Oakland Mills MS	Apr 13	7-8 PM	M

#### 10 classes / \$55

RP8730.303	Worthington ES	Apr 7	7-8 PM	Tu
RP8730.304	Lake Elkhorn MS	Apr 7	7-8 PM	Tu
RP8730.305	Longfellow ES	Apr 7	7-8 PM	Tu
RP8730.306 Beg	Fulton ES	Apr 8	6-7 PM	W
RP8730.316 Int	Fulton ES	Apr 8	7-8 PM	W
RP8730.307	Northfield ES	Apr 8	7-8 PM	W
RP8730.308 Beg	Rockburn ES	Apr 8	6-7 PM	W
RP8730.309 Int	Rockburn ES	Apr 8	7-8 PM	W

#### 9 classes / \$50

RP8730.310	Gorman Crossing ES	Apr 9	7-8 PM	Th
RP8730.311	Manor Woods ES	Apr 9	7-8 PM	Th
RP8730.312	Pointers Run ES	Apr 9	7-8 PM	Th

#### 8 classes / \$44

RP8730.401	Schooley Mill Pk	Jun 22	7-8 PM	M
RP8730.402	Cedar Lane Rec Ctr	Jun 23	7:30-8:30 PM	Tu
RP8730.403	Meadowbrook Ath Comp	Jun 24	7-8 PM	W
RP8730.404	Gary J Arthur Comm Ctr	Jun 25	7-8 PM	Th

### D & S Karate with Seth Ismart

#### 6-13 yrs / 6 or 7 classes, start dates & prices below

Improve coordination, confidence, flexibility, balance, agility, and focus while learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts and have years of classroom experience instructing children in the art of self-defense and personal accomplishment. (No class 5/25.)

#### 7 classes / \$38

RP8710.301	Phelps Luck ES	Apr 13	7-8 PM	M
RP8710.302	N Laurel Comm Ctr	Apr 13	7-8 PM	M

#### 8 classes / \$43

RP8710.303	Hammond ES	Apr 15	7-8 PM	W
RP8710.304	Dayton Oaks ES	Apr 15	7-8 PM	W
RP8710.305	Centennial Lane ES	Apr 16	7-8 PM	Th

### Kuk Sool Won with Darren Fulmore

#### 6 yrs + / 16 classes, start dates & prices below

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This is extremely well-organized and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques—which consist of kicking, punching, martial acrobatics and self-defense techniques—into a beautiful and dynamic hard/soft style focusing on discipline and respect.

RP8760.301 Beg	N Laurel Comm Ctr	Apr 14	6:30-7:30 PM	Tu & Th	\$100
RP8760.302 Adv	N Laurel Comm Ctr	Apr 14	7:30-8:30 PM	Tu & Th	\$111
RP8760.401 Beg	N Laurel Comm Ctr	Jun 16	6:30-7:30 PM	Tu & Th	\$100
RP8760.402 Adv	N Laurel Comm Ctr	Jun 16	7:30-8:30 PM	Tu & Th	\$111

## Shotokan Karate with Steve Morris

### 13 yrs + / 8 classes, start dates below / \$98

Learn a repertoire of techniques and the optimal safe positions for self-defense based upon the movement of your opponent(s), all in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions, and takedowns. Special attention is given to low-impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self-defense in Howard County for 30 years.

#### Roger Carter Comm Ctr

RP8791.301	Apr 16	7-8 PM	Th
RP8791.302	Apr 16	8:05-9:05 PM	Th
RP8791.303	Apr 18	10-11 AM	Sa
RP8791.304	Apr 18	11:05 AM-12:05 PM	Sa
RP8791.401	Jun 18	7-9 PM	Th

## Adults (13 yrs +)

### TKA Karate

#### 13 yrs + / Class lengths, start dates & prices below

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. Wear comfortable clothing or gi. (No class 5/25.)

#### 8 classes / \$55

RP8731.301	Gary J Arthur Comm Ctr	Apr 13	7:30-9 PM	M
RP8731.302	Oakland Mills MS	Apr 13	8-9:30 PM	M

#### 10 classes / \$69

RP8731.303	Worthington ES	Apr 7	8-9:30 PM	Tu
RP8731.304	Lake Elkhorn MS	Apr 7	8-9:30 PM	Tu
RP8731.305	Longfellow ES	Apr 7	8-9:30 PM	Tu
RP8731.306	Fulton ES	Apr 8	8-9:30 PM	W
RP8731.307	Northfield ES	Apr 8	8-9:30 PM	W
RP8731.308	Rockburn ES	Apr 8	8-9:30 PM	W

#### 9 classes / \$62

RP8731.309	Gorman Crossing ES	Apr 9	8-9:30 PM	Th
RP8731.310	Manor Woods ES	Apr 9	8-9:30 PM	Th
RP8731.311	Pointers Run ES	Apr 9	8-9:30 PM	Th

#### 8 classes / \$55

RP8731.401	Schooley Mill Pk	Jun 22	8-9:30 PM	M
RP8731.402	Cedar Lane Rec Ctr	Jun 23	8:30-10 PM	Tu
RP8731.403	Meadowbrook Ath Comp	Jun 24	8-9:30 PM	W
RP8731.404	Gary J Arthur Comm Ctr	Jun 25	8-9:30 PM	Th

## Aikido with Ki

### by Russ Dauber, 4<sup>th</sup> Degree Black Belt

#### 18 yrs + / 16 classes, start dates below / \$46

Martial Art and Ki practice, as taught by Japan's Ki Society International, promotes dynamic movement with unified mind and body. Techniques flow with and lead attackers' directions and motions. The Ki part is low-impact. The Aikido part involves practice with partners and rolling on mats, while maintaining calmness and relaxation. Men and women welcome. Emphasis is on safety, knowledge, and enjoyment.

RP8880.301	Waverly ES	Apr 14	7-9 PM	Tu & Th
RP8880.401	Cedar Lane Pk West	Jun 16	7-9 PM	Tu & Th

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



## Tai Chi

**18 yrs + / 8 classes, start dates below / \$62**

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress.

Instructor: Tim Kwei

RP8850.301	Beg	Dunloggin MS	Apr 15	7-8 PM	W
RP8850.302	Adv	Dunloggin MS	Apr 15	8:05-9:05 PM	W

Instructor: Scott Vandame

RP8850.303	Beg	Murray Hill MS	Apr 16	7-8 PM	Th
RP8850.304	Adv	Murray Hill MS	Apr 16	8:05-9:05 PM	Th

## Multi-Sport

Registration: 410-313-7275.

### Youth (2-14 yrs)

#### NEW! Awesome Athletes, Amazing Artists (Parent/Child)

**2-4 yrs / 6 classes, start dates below / \$90**

If you enjoy being active and creative, this is the class for you! Explore sports, games, arts and crafts while meeting new friends! Spend the first half of class throwing, kicking, and shooting with a variety of interactive gym games. Continue the fun in the second half of class with painting, pasting, and creating an array of art projects! Parents are required to attend. (No class 5/1.)

Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6973.301	Gary J Arthur Comm Ctr	Apr 15	9:30 AM-10:30 AM	W
RP6973.302	N Laurel Comm Ctr	Apr 17	9:30 AM-10:30 AM	F

#### NEW! Preschool Adventures

**2½-4 yrs / 12 classes, start dates below / \$185**

Come join the adventure! Children enjoy an exciting, physically active, and well-rounded experience. Enriching activities include story time, music, arts and crafts, along with sports-specific activities (including basketball, soccer, lacrosse, and other sports) in the gym. Participants should bring a nut-free lunch. Staff does not change diapers. Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6971.301	Gary J Arthur Comm Ctr	Apr 14	9:30 AM-12:30 PM	Tu & Th
RP6971.302	Roger Carter Comm Ctr	Apr 13	9:30 AM-12:30 PM	M & W

#### Jump Bunch Kids by JumpBunch Kids, Inc.

**2-5 yrs / 6 classes, start date below / \$75**

JumpBunch classes are a wonderful opportunity for parents and children to interact in a fun and noncompetitive environment during an introduction to multiple sports and fitness activities. This season's sports include basketball, track & field (javelin and hurdles), flying discs, croquet with croquet hockey, soccer and volleyball. Children use and explore the child-friendly equipment provided by JumpBunch. (No class 5/23.) Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

St. John's Lane ES

RP6313.301	2-3 yrs	Apr 11	10-10:45 AM	Sa
RP6313.302	3-5 yrs	Apr 11	11-11:45 AM	Sa
RP6313.401	2-3 yrs	Jun 6	10-10:45 AM	Sa
RP6313.402	3-5 yrs	Jun 6	11-11:45 AM	Sa

#### Little Big Shots

**3-4 yrs / 6 classes, start dates in next column / \$75**

This multi-sport program introduces children to basketball, tee ball, and soccer. We spend two classes on each sport with exciting and engaging games and activities. Parents are also encouraged to follow the coach's instructions to assist in the games and activities. (No class 5/1, 5/23.)

Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6314.301	N Laurel Comm Ctr	Apr 14	9:30-10:15 AM	Tu
RP6314.302	N Laurel Comm Ctr	Apr 14	5-5:45 PM	Tu
RP6314.303	Cedar Lane Pk East	Apr 14	5-5:45 PM	Tu
RP6314.304	Gary J Arthur Comm Ctr	Apr 15	12:30-1:15 PM	W
RP6314.305	Meadowbrook Ath Comp	Apr 16	10:30-11:15 AM	Th
RP6314.306	Veterans ES	Apr 16	6:30-7:15 PM	Th

### Learn-N-Play Sports

**3-5 yrs / 6 classes, start dates below / \$75**

Children experience a variety of age-appropriate sports activities that help them develop their large motor skills and socialization skills in a fun atmosphere! Each week we focus on different activities that combine positive social interactions, good listening skills, taking turns, and teamwork. Activities include bowling, parachute games, sports stations, relay races, and more! Parents are also encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

Pointers Run ES

RP6970.301	Apr 18	9:30-10:15 AM	Sa
RP6970.302	Apr 18	10:30-11:15 AM	Sa

### Little Big Wheelers

**3-5 yrs / 6 classes starting Apr 8 / \$65**

Parents, bring your children indoors to the Meadowbrook Athletic Complex to experience the most fun possible on three wheels! Children have a blast on their Big Wheels Trike as they ride around the courts in a fun-filled safe environment. The Meadowbrook staff provides big wheels trikes, instruction and leadership as your little Speed Racers enjoy obstacle courses, individual and team races and all ideas possible while they exercise on their trikes. Helmets are mandatory. Parent involvement might be required.

Info: Krista Billingsley, 410-313-1162 or [kbillingsley@howardcountymd.gov](mailto:kbillingsley@howardcountymd.gov).

RP6402.301	Meadowbrook Ath Comp	10-10:50 AM	Tu
RP6402.302	Meadowbrook Ath Comp	11-11:50 AM	Tu
RP6402.303	Meadowbrook Ath Comp	10-10:50 AM	Th
RP6402.304	Meadowbrook Ath Comp	11-11:50 AM	Th

### School's Out Junior Sports Camp

**5-7 yrs / May 1 / \$34**

School is out and we're open for play! Young athletes, come develop your skills in your choice of three of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football, or court hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Activities take place indoors. There is swimming so bring a bathing suit. Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

RP7008.301	Roger Carter Comm Ctr	8:30 AM-12:30 PM	F
------------	-----------------------	------------------	---

### After School Recess

**5-10 yrs / 8 classes, start dates below / \$105**

Experience some excitement and get involved in some physical activities. Children participate in a number of activities including obstacle courses, relays, crazyball, and field day games. The session concludes with a game of mission impossible. Info: Carson Nickell, 410-313-4720 or [cjnickell@howardcountymd.gov](mailto:cjnickell@howardcountymd.gov).

RP6210.301	Dunloggin MS	Apr 14	3:30-4:30 PM	Tu
RP6210.302	Fulton ES	Apr 15	4-5 PM	W

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

## Home School Gym Class

**5-14 yrs / 8 classes starting Apr 22 / \$64**

This is an exciting gym class program that meets the physical activity needs of our local home school families! We provide staff leadership and all the equipment for a variety of sport and fitness activities. Children improve skills and learn the fundamentals of teamwork as they play basketball, soccer, volleyball, floor hockey, badminton, and all other sport requests the staff can provide. Have fun, stay fit, build character, and boost self-esteem. Activity groups separated based on age and ability. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP6405.301	Meadowbrook Ath Comp	5-10 yrs	11 AM-noon	W
RP6405.302	Meadowbrook Ath Comp	11-14 yrs	11 AM-noon	W

## Ultimate Junior Sports & Games

### Spring Break Camp

**5-7 yrs / 1 wk starting Mar 30 / \$149**

This is a mini version of the *Ultimate Sports & Games Spring Break Camp*. Sports and games are adapted to the size and abilities of children, making learning fun, and fostering development of motor skills. Curriculum includes themed days, fitness activities, team-building exercises, group games, and more! Instructors are American Sport Education Program-certified coaches. Bring a nonperishable lunch (no nut products) and reusable, filled water bottle. An extended day option is available (RP7005.301). Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7002.301	Meadowbrook Ath Comp	9 AM-3 PM	M-F
------------	----------------------	-----------	-----

## Ultimate Sports & Games

### Extended Spring Break Camp

**5-13 yrs / 1 wk starting Mar 30 / \$89**

Extend your child's day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers also must be enrolled in an *Ultimate Sports & Games Spring Break Camp*. Camp runs rain or shine. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7005.301	Meadowbrook Ath Comp	3-6 PM	M-F
------------	----------------------	--------	-----

## Ultimate Sports & Games

### Spring Break Camp

**8-13 yrs / 1 wk starting Mar 30 / \$149**

Spend your spring break with us. Your child develops skills in basketball, flag football, kickball, lacrosse, touch rugby, Wiffle ball, soccer, kickball, tennis, disc games, and much more in this co-ed camp. Campers rotate in age- and skill-appropriate groups. Have fun, stay fit, build character, and boost self-esteem. Instructors are American Sport Education Program-certified coaches. Camp runs rain or shine. Bring a non-perishable lunch (no nut products) and a water bottle. An extended camp option is available (RP7005.301). Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7001.301	Meadowbrook Ath Comp	9 AM-3 PM	M-F
------------	----------------------	-----------	-----

## U.K. Sports Week Spring Break Camp

**7-14 yrs / 4 days starting Mar 30 / \$150**

This spring break let U.K. Elite's professional British trainers teach you a myriad of uniquely British & Irish sports during this fun, engaging camp! Learn cricket, Gaelic soccer, rugby, soccer, and others. Each sport is adjusted to make it easy to understand and enjoy! Curriculum focuses on teaching every player, regardless of age/ability and highlights the enjoyment of sports played in the U.K. Info: Patrick McGinnis, 410-313-4716 or pmcginnis@howardcountymd.gov.

RP7705.301	Cedar Lane Pk West	9 AM-3 PM	M-Th
------------	--------------------	-----------	------



*Come have a blast this summer at our Ultimate Camp!  
You'll play many of your favorite sports in one fun week!*

## School's Out Sports Camp

**8-13 yrs / May 1 / Prices below**

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football, or floor hockey. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Combine this half-day camp with the *Bricks4Kidz LEGO® School's Out Camps* for a full day of fun, and get a supervised 30-minute lunch period between camps! (See page 49 in Youth section – RP3369.312.) Activities take place indoors. There is swimming so bring a bathing suit. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP7007.301	Roger Carter Comm Ctr	8:30 AM-6 PM	F	\$60
RP7007.302	Roger Carter Comm Ctr	1-6 PM	F	\$34

## Pickleball

- Registration: 410-313-7275.
- Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

## Pickleball for All

**18 yrs + / 7 or 8 classes, start dates & prices below**

This fun sport combines many elements of tennis, badminton and table tennis. With simple rules, the game is easy to learn and can develop into a quick, fast-paced, competitive game for all levels. All equipment is provided.

### Meadowbrook Ath Comp

RP6835.301	7 classes	Apr 13	1-3 PM	M	\$35
RP6835.302	8 classes	Apr 15	9-11 AM	W	\$40
<del>RP6835.401</del>	<del>8 classes</del>	<del>Jun 15</del>	<del>1-3 PM</del>	<del>M</del>	<del>\$40</del>
<del>RP6835.402</del>	<del>8 classes</del>	<del>Jun 17</del>	<del>9-11 AM</del>	<del>W</del>	<del>\$40</del>
RP6835.403	7 classes	Jul 2	8-10 PM	Th	\$35

### N Laurel Comm Ctr

RP6835.303	8 classes	Apr 14	Noon-2 PM	Tu	\$40
RP6835.304	8 classes	Apr 16	Noon-2 PM	Th	\$40
RP6835.404	8 classes	Jun 15	6-8 PM	M	\$40

# Rugby

- Registration: 410-313-7275.
- Info: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

## Rugby League

**6-18 yrs / 9 wks, start dates below / \$95**

Boys and girls have fun learning and playing the fascinating game of rugby. This program is designed for beginners through advanced players. Learn and improve skills needed to be successful in this fast Olympic sport. Ages 6-14 (coed) and ages 13-16 (girls) play a two-hand touch version; ages 14-18 (boys) play a tackle version. Players compete with teams from surrounding counties in the Maryland Rugby SBO (State Based Organization). Games are played on Saturdays at different locations. Practices begin first week of June. Games are mid-June to early August. Age determination date is June 1, 2015.

6-8 yrs (U-9) / 6:30-8:30 PM / Touch Rugby (Co-Ed)

RP5610.401 Hurricanes East Columbia Library Pk

RP5610.402 EC Express Dickinson Pk/Meadowbrook Pk

9-10 yrs (U-11) / 6:30-8:30 PM / Touch Rugby (Co-Ed)

RP5610.403 Hurricanes East Columbia Library Pk

RP5610.404 EC Express Dickinson Pk/Meadowbrook Pk

11-12 yrs (U-13) / 6:30-8:30 PM / Touch Rugby (Co-Ed)

RP5610.405 Hurricanes East Columbia Library Pk

RP5610.406 EC Express Dickinson Pk/Meadowbrook Pk

13-14 yrs (U-15 Boys) / 6:30-8:30 PM / Touch Rugby (Co-Ed play with U-17 Girls)

RP5610.407 Hurricanes East Columbia Library Pk

RP5610.408 EC Express Dickinson Pk/Meadowbrook Pk

13-16 yrs (U-15/U-17 Girls) / Touch Rugby (Co-Ed play with U-15 Boys)

RP5610.409 Hurricanes East Columbia Library Pk

RP5610.410 EC Express Dickinson Pk/Meadowbrook Pk

15-18 yrs (U-19 Boys) Hurricane-Express Tackle Rugby

RP5610.421 East Columbia Library Pk

# Running

- Registration: 410-313-7275.
- Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

## Wine in the Woods 5K

**All ages / May 9 / \$20, preregister; \$30, registration on-site**

This family-friendly race course design is appropriate for all levels of experience, including first-timers. Awards go to the top male and female runners. Preregistration ends at noon on May 3. On-site registration begins at 7:30 AM. Race begins at 9 AM. Race t-shirts are guaranteed to preregistered runners. Packet pick-up at Road Runner Sports in Columbia on Friday, May 8, from 4-7 PM.

RP5910.301 Centennial Pk South 9 AM Sa

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



*Save! Come enjoy one of our many highly rated soccer camps.*

# Soccer

Registration: 410-313-7275.

## Youth Instruction (2-14 yrs)

### U.K. Elite Petite Soccer

**2-5 yrs / 6 classes, start dates below / \$97**

This is a mini-taste of the U.K. Elite experience! Hour-long programs of soccer fun and games are designed to introduce the youngest of players to the greatest of games. The emphasis is on having fun with a soccer ball. Parent involvement is encouraged at times. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

2-3 yrs

RP6710.301	Centennial Pk West – Field 6	Apr 14	5-6 PM	Tu
RP6710.302	Centennial Pk West – Field 6	Apr 14	6-7 PM	Tu
RP6710.303	Centennial Pk West – Field 6	Apr 15	5-6 PM	W
RP6710.304	Centennial Pk West – Field 6	Apr 15	6-7 PM	W
RP6710.305	Centennial Pk West – Field 6	Apr 16	3:45-4:45 PM	Th
RP6710.306	Centennial Pk West – Field 6	Apr 17	3:45-4:45 PM	F
RP6710.307	Cedar Lane Pk East – Field 7	Apr 18	9-10 AM	Sa
RP6710.308	Cedar Lane Pk West – Field 5	Apr 21	9:30-10:30 AM	Tu
RP6710.309	Cedar Lane Pk West – Field 5	Apr 21	10:30-11:30 AM	Tu
RP6710.310	Cedar Lane Pk West – Field 5	Apr 22	9:30-10:30 AM	W
RP6710.311	Cedar Lane Pk West – Field 5	Apr 22	10:30-11:30 AM	W

3-5 yrs

RP6710.312	Centennial Pk West – Field 6	Apr 14	5-6 PM	Tu
RP6710.313	Centennial Pk West – Field 6	Apr 14	6-7 PM	Tu
RP6710.314	Centennial Pk West – Field 6	Apr 15	5-6 PM	W
RP6710.315	Centennial Pk West – Field 6	Apr 15	6-7 PM	W
RP6710.316	Centennial Pk West – Field 6	Apr 16	3:45-4:45 PM	Th
RP6710.317	Centennial Pk West – Field 6	Apr 16	4:45-5:45 PM	Th
RP6710.318	Centennial Pk West – Field 6	Apr 17	3:45-4:45 PM	F
RP6710.319	Centennial Pk West – Field 6	Apr 17	4:45-5:45 PM	F
RP6710.320	Cedar Lane Pk East – Field 7	Apr 18	10-11 AM	Sa
RP6710.321	Cedar Lane Pk West – Field 5	Apr 21	9:30-10:30 AM	Tu
RP6710.322	Cedar Lane Pk West – Field 5	Apr 21	10:30-11:30 AM	Tu
RP6710.323	Cedar Lane Pk West – Field 5	Apr 21	1:30-2:30 PM	Tu
RP6710.324	Cedar Lane Pk West – Field 5	Apr 22	9:30-10:30 AM	W
RP6710.325	Cedar Lane Pk West – Field 5	Apr 22	10:30-11:30 AM	W
RP6710.326	Western Regional Pk – Field 4	Apr 22	1:30-2:30 PM	W
RP6710.327	Cedar Lane Pk West – Field 5	Apr 23	9:30-10:30 AM	Th
RP6710.328	Cedar Lane Pk West – Field 5	Apr 23	10:30-11:30 AM	Th
RP6710.329	Cedar Lane Pk West – Field 5	Apr 23	1:30-2:30 PM	Th
RP6710.330	Cedar Lane Pk West – Field 5	Apr 24	9:30-10:30 AM	F
RP6710.331	Cedar Lane Pk West – Field 5	Apr 24	10:30-11:30 AM	F
RP6710.332	Cedar Lane Pk West – Field 5	Apr 24	1:30-2:30 PM	F



## Little Kickers: Soccer

**3-4 yrs / 6 classes, start dates below / \$75**

Experienced coaches teach the basic skills of dribbling, passing and shooting while working on coordination and balance. This is no longer a parent/child program. However, parents are expected to sit on the sidelines and watch in case assistance is needed. (No class 5/1, 5/23, 5/25.) Info: Amanda Bartell, 410-313-1694 or [abartell@howardcountymd.gov](mailto:abartell@howardcountymd.gov).

RP6705.301	Meadowbrook Ath Comp	Apr 13	10:30-11:15 AM	M
RP6705.302	Cedar Lane Pk West	Apr 13	12:30-1:15 PM	M
RP6705.303	Ducketts Lane ES	Apr 13	5:30-6:15 PM	M
RP6705.304	N Laurel Comm Ctr	Apr 14	10:30-11:15 AM	Tu
RP6705.305	Gary J Arthur Comm Ctr	Apr 15	1:30-2:15 PM	W
RP6705.306	Gary J Arthur Comm Ctr	Apr 15	5-5:45 PM	W
RP6705.307	Deep Run ES	Apr 18	9:30 10:15 AM	Sa
RP6705.308	Hollifield Station ES	Apr 18	9:30-10:15 AM	Sa
RP6705.309	Gorman Crossing ES	Apr 18	2:30-3:15 PM	Sa

## Kiddie Soccer

**5-7 yrs / 7 classes, start dates below / \$55**

Are you ready to play the world's most popular game? Boys and girls learn basic skills such as dribbling, trapping, passing, shooting, defense and team play, all in a fun and encouraging environment. Meet on the field.

(No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

RP6700.301	Northfield ES	4:20-5:20 PM	Apr 13	M
RP6700.302	Bushy Park ES	5-6 PM	Apr 13	M
RP6700.303	Waverly ES	4:55-5:55 PM	Apr 14	Tu
RP6700.304	Hammond ES	4:40-5:40 PM	Apr 14	Tu
RP6700.305	Clarksville ES	5:05-6:05 PM	Apr 15	W
RP6700.306	Rockburn ES	4:30-5:30 PM	Apr 15	W
RP6700.307	Gorman Crossing ES	5:05-6:05 PM	Apr 16	Th
RP6700.308	Lisbon ES	4:20-5:20 PM	Apr 16	Th

## U.K. Elite Soccer Technical Programs

**5-14 yrs / 6 classes, start dates below / \$97**

Do you want to take your skills to the next level by learning from some of the finest British soccer coaches? Boys and girls learn from one of the best professional youth soccer coaching companies in the country. This fantastic learning experience uses age-appropriate curricula and expert instruction. Emphasis on sound fundamental techniques and skills along with a firm understanding of the game. Info: Susan Markovitz, 410-313-4674 or [samarkovitz@howardcountymd.gov](mailto:samarkovitz@howardcountymd.gov).

### Centennial Pk West – Field 6

RP6706.301	5-6 yrs	Apr 16	5:45-6:45 PM	Th
RP6706.302	7-10 yrs	Apr 16	5:45-6:45 PM	Th
RP6706.303	11-14 yrs	Apr 16	5:45-6:45 PM	Th
RP6706.304	5-6 yrs	Apr 17	5:45-6:45 PM	F
RP6706.305	7-10 yrs	Apr 17	5:45-6:45 PM	F
RP6706.306	11-14 yrs	Apr 17	5:45-6:45 PM	F

### Cedar Lane Pk East – Field 7

RP6706.307	5-6 yrs	Apr 18	11 AM-noon	Sa
RP6706.308	7-10 yrs	Apr 18	11 AM-noon	Sa



## After-School Soccer

**8-10 yrs / 7 classes, start dates below / \$55**

Boys and girls learn and improve basic skills such as dribbling, trapping, shooting, passing, defense, and team play. Coaches use a variety of drills, games, and scrimmages to make learning fun and exciting. Meet outside school office; coaches escort players to field. (No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwyman@howardcountymd.gov](mailto:bwyman@howardcountymd.gov).

RP6701.301	Northfield ES	3:15-4:15 PM	Apr 13	M
RP6701.302	Bushy Park ES	3:55-4:55 PM	Apr 13	M
RP6701.303	Waverly ES	3:50-4:50 PM	Apr 14	Tu
RP6701.304	Hammond ES	3:35-4:35 PM	Apr 14	Tu
RP6701.305	Clarksville ES	4-5 PM	Apr 15	W
RP6701.306	Rockburn ES	3:25-4:25 PM	Apr 15	W
RP6701.307	Gorman Crossing ES	4-5 PM	Apr 16	Th
RP6701.308	Lisbon ES	3:15-4:15 PM	Apr 16	Th

## Youth Leagues (4-10 yrs)

### Fall Youth Soccer League

**4-8 yrs / 9 wks starting Aug 24 / \$82, \*\$52 head coach's child**

Boys and girls have fun playing soccer while learning the fundamentals of the world's most popular sport. The Department forms teams, which practice once per week on a weeknight, beginning the week of August 24. One-hour games on Saturdays, starting September 5, between 9:30 AM-6 PM. Shin guards are required. Fee includes participation award, soccer jersey and soccer ball from Play It Again Sports in Ellicott City. Coaches contact participants regarding practice days/times one week prior to the start of the program. Volunteer head coaches are needed and their children receive a discount. Individual registrations only, no team entries. Registration deadline is August 10. Info: Susan Markovitz, 410-313-4674 or [samarkovitz@howardcountymd.gov](mailto:samarkovitz@howardcountymd.gov).

#### 4 yrs

RP5701.501	Meadowbrook Pk	9:30 AM-6 PM	Sa
RP5701.502*	Meadowbrook Pk	9:30 AM-6 PM	Sa

#### 5-6 yrs

RP5701.511	Meadowbrook Pk	9:30 AM-6 PM	Sa
RP5701.512*	Meadowbrook Pk	9:30 AM-6 PM	Sa

#### 7-8 yrs

RP5701.521	HC Ctr for the Arts	9:30 AM-6 PM	Sa
RP5701.522*	HC Ctr for the Arts	9:30 AM-6 PM	Sa

### Spring Youth Soccer League

**4-8 yrs / 8 wks starting Apr 13 / \$82, \*\$52 head coach's child**

Boys and girls, have fun playing soccer while learning the fundamentals of the world's most popular sport. The Department forms teams, which practice once a week on a weeknight beginning the week of April 6. Coaches contact participants regarding practice days and times one week prior to the beginning of the program. One-hour games are on Saturdays, starting April 25, between 9 AM-5 PM. Shin guards required. Fee includes participation award, soccer jersey and a soccer ball from Play It Again Sports in Ellicott City. Volunteer head coaches are needed and their children receive a discount. Individual registration only, no team entries. Registration deadline: March 13. Info: Susan Markovitz, 410-313-4674 or [samarkovitz@howardcountymd.gov](mailto:samarkovitz@howardcountymd.gov).

#### 4 yrs

RP5701.301	Meadowbrook Pk	9 AM-5 PM	Sa
RP5701.302*	Meadowbrook Pk	9 AM-5 PM	Sa

#### 5-6 yrs

RP5701.311	Meadowbrook Pk	9 AM-5 PM	Sa
RP5701.312*	Meadowbrook Pk	9 AM-5 PM	Sa

#### 7-8 yrs

RP5701.321	HC Ctr for the Arts	9 AM-5 PM	Sa
RP5701.322*	HC Ctr for the Arts	9 AM-5 PM	Sa



## Instructional Soccer League

**5-10 yrs / 8 wks starting Apr 11 / \$76**

First-time players or those wanting to improve fundamental skills play small-sided games in this instructional league. Focus on skill development through drills, game rules and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Shin guards are required. (No session 5/23.) Info: Brian Wyman, 410-313-4705 or [bwym@howardcountymd.gov](mailto:bwym@howardcountymd.gov).

### 5-6 yrs - Beginners

RP6702.301	Dayton Oaks ES	1-2 PM	Sa
RP6702.302	Guilford Pk	1-2 PM	Sa
RP6702.303	Hollifield Station ES	1-2 PM	Sa
RP6702.304	Waterloo ES	1-2 PM	Sa

### 6½ yrs - Advanced / 8½ yrs - Beginners

RP6703.301	Dayton Oaks ES	2:15-3:15 PM	Sa
RP6703.302	Guilford Pk	2:15-3:15 PM	Sa
RP6703.303	Hollifield Station ES	2:15-3:15 PM	Sa
RP6703.304	Waterloo ES	2:15-3:15 PM	Sa

### 8 yrs Advanced - 10 yrs

RP6704.301	Dayton Oaks ES	3:30-4:30 PM	Sa
RP6704.302	Guilford Pk	3:30-4:30 PM	Sa
RP6704.303	Hollifield Station ES	3:30-4:30 PM	Sa
RP6704.304	Waterloo ES	3:30-4:30 PM	Sa

## Adults (18 yrs +)

### Adult Soccer Leagues (Team registration only)

Visit [www.eteamz.com/hcrpsports/](http://www.eteamz.com/hcrpsports/)

## Softball

- Registration: 410-313-7275. Info: Mark Pendleton, 410-313-4703 or [mpendleton@howardcountymd.gov](mailto:mpendleton@howardcountymd.gov).
- League Refund Policy [Page 76](#)

## Fall Softball Leagues

**18 yrs + / 7 wks, start dates below / \$710 per team**

Games are played as doubleheaders for a 14-game season. Fee includes umpires, game balls, awards, league administration, field reservation fee, sanction fees and lights. Games begin the week of August 10 and are played at Cedar Lane, Centennial, and Rockburn Branch Parks. Complete copy of rules: [www.hcrpsports.com](http://www.hcrpsports.com). Register by July 17.

### Men's D-1 Division / County Parks

RP5730.501	Aug 16	Su
RP5730.502	Aug 17	M
RP5730.503	Aug 18	Tu
RP5730.504	Aug 18	Tu (USSSA D3)
RP5730.505	Aug 19	W
RP5730.506	Aug 20	Th
RP5730.507	Aug 21	F
RP5730.508	Aug 17	M (50 yrs +)

### Women's Division / County Parks

RP5730.508	Aug 18	Tu
------------	--------	----

### Co-Rec D-1 Division / County Parks

RP5730.511	Aug 17	M
RP5730.512	Aug 19	W
RP5730.513	Aug 20	Th
RP5730.514	Aug 21	F

### Co-Rec Recreational Division / County Parks

RP5730.515	Aug 17	M
RP5730.516	Aug 19	W
RP5730.517	Aug 20	Th
RP5730.518	Aug 21	F

## Early Bird Softball Tournament

**18 yrs + / Apr 11 / \$275 per team**

Register your team by March 29 for this three-game guarantee tournament. Games are on April 11 at Cedar Lane Park. Three approved balls are provided to each team before the tournament. Additional balls may be purchased at the tournament site for \$5 each.

RP5731.301	Men	Cedar Lane Pk
RP5731.302	Co-Rec	Cedar Lane Pk

## Softball 55 yrs +

**55 yrs + / 39 wks starting Apr 4 / \$22**

Interested in playing slow pitch softball on Saturdays? If so, why not join this informal group for pickup games at Centennial Park North?

RP6730.301	Centennial Pk North	Time (TBD)	Sa
------------	---------------------	------------	----

## Tennis

Registration: 410-313-7275.

## Youth (3-18 yrs)

### Play Time Tennis with Shantha Chandra

**3-6 yrs / 6 classes, start dates below / \$62**

Learn tennis and have fun with others while working on balance, agility and reaction time. Bring a junior-sized racquet (19", 21" or 23"). Weekday classes have a rain makeup on Fridays. Saturday classes have a rain makeup on Sunday afternoons. (No class 4/4, 5/25, 7/4.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### 3-6 yrs / Cedar Lane Pk East - Tennis Courts

RP6847.301	Mar 28	8:15-9 AM	Sa
RP6847.302	Apr 7	1-1:45 PM	Tu & Th
RP6847.303	Apr 8	10:15-11 AM	M & W
RP6847.311	May 5	1-1:45 PM	Tu & Th
RP6847.312	May 4	10:15-11 AM	M & W
RP6847.313	May 23	8:15-9 AM	Sa

### 5-6 yrs / Cedar Lane Pk East - Tennis Courts

RP6847.304	Apr 10	4:45-5:30 PM	F
------------	--------	--------------	---

### Parent/Child Tennis with Shantha Chandra

**3-12 yrs / 6 classes, start dates below / \$85 per pair**

Parents and children learn how to work together to develop and improve tennis skills. Same parent should attend each week for consistency in learning. Saturday class rain makeup on Sunday afternoons. (No class 4/4, 5/25, 7/4.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### Cedar Lane Pk East - Tennis Courts

RP6842.301	7-12 yrs	Mar 28	12:15-1:15 PM	Sa
RP6842.302	3-6 yrs	Apr 8	9:30-10:15 AM	M & W
RP6842.311	3-6 yrs	May 6	9:30-10:15 AM	M & W
RP6842.312	7-12 yrs	May 23	12:15-1:15 PM	Sa

## Kiddie Tennis

**5-7 yrs / 7 classes, start dates below / \$55**

Time for tennis! Players learn and practice basic tennis skills in this program taught by trained coaches. Classes include a variety of enjoyable drills and exciting games. Meet on the tennis courts. (No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwym@howardcountymd.gov](mailto:bwym@howardcountymd.gov).

RP6870.301	Deep Run ES	5:15-6:15 PM	Apr 13	M
RP6870.302	Dayton Oaks ES	4:40-5:40 PM	Apr 14	Tu
RP6870.303	Lisbon ES	4:20-5:20 PM	Apr 15	W
RP6870.304	Atholton ES	5:10-6:10 PM	Apr 16	Th
RP6870.305	Thunder Hill ES	5:05-6:05 PM	Apr 16	Th

## QuickStart 8 & Under Tennis Play Club

**5-8 yrs / 5 classes, start dates below / \$81**

Join professionally trained instructors from Baltimore Tennis Patrons for the QuickStart (QS) 8 & Under Play Club. You've heard it before. "When can I just play?" This is it! Purely games and activities using the hottest kid-friendly QS games and specialty equipment in town. All play, no formal instruction, just fun! Learning takes place through exploration, discovery and repetitive practice. (No class 7/3.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

Meet at the Location's Tennis Courts

RP6853.401	Centennial Pk West	Jun 25	5-6 PM	Tu
RP6853.402	River Hill HS	Jun 26	5:30-6:30 PM	F

## Junior GRIPS CHALLENGE

**5-10 yrs / 5 classes, start dates and prices below**

This is a progressive 11-level tennis program that incentivizes and rewards kids for proving competency. Like karate, ability levels are rated and distinguished by colors- white grips are for beginners and black grips are for masters. Each player is required to participate in the free GRIPS skills assessment on June 1 or June 2 from 6-8 PM at Centennial Park West to establish baseline tennis proficiency and determine their starting grip level (color). Players who have already been assessed and assigned a grips color rating in prior seasons may register for a class without being re-assessed. (Register at <http://formsmarts.com/form/11tz>). Players receive a colored over-grip for their racquet which matches their current skill level. Games and drills conducted on court correspond with students' grip color/skill set. This is a certified GRIPS program with officially certified GRIPS instructors. Players also receive a password for access to their personal GRIPS webpage where they are able to view tips, videos, drills and insights to further their tennis knowledge and gauge their progress relative to other players. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

RP6854.401	River Hill HS	Jun 23	5:30-7 PM	Tu (Blue & Dk Blue)	\$112
RP6854.402	Centennial Pk West	Jun 25	5:30-7 PM	Th (White)	\$112
RP6854.403	Centennial Pk West	Jun 22	5:30-7 PM	M & W (Orange)	\$143
RP6854.404	Cedar Lane Pk East	Jun 23	7-8:30 PM	Tu (Dark Green)	\$112
RP6854.405	Cedar Lane Pk East	Jun 23	5:30-7 PM	Tu (Orange)	\$112
RP6854.406	River Hill HS	Jun 26	6:30-7:30 PM	F (White)	\$103

## Cardio Tennis for Kids

**5-14 yrs / 5 classes, start dates & prices below**

Professionally trained instructors from Baltimore Tennis Patrons introduce you to Cardio Tennis for Kids, two blockbuster new ways to introduce your child to tennis! Each practice features an action-based group warm up, cardio and cool down followed by the QuickStart (QS) tennis play format. Let the games begin! Cardio and QS Tennis is a new format to help kids learn and play the game effortlessly with user-friendly and reduced-size equipment. This is a great new way for your child to get a great workout and burn calories! Loaner racquets available. (No class 7/3.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

All Levels: Meet at the Location's Tennis Courts

5-8 yrs / Junior Cardio Beginner / \$96

RP6851.401	Centennial Pk West	Jun 26	6-7:30 PM	F
------------	--------------------	--------	-----------	---

5-14 yrs / Junior Cardio + QS Advanced Beginner / 2 days, \$142

RP6851.402	River Hill HS	Jun 25	7-8:30 PM	Tu & Th
------------	---------------	--------	-----------	---------

5-14 yrs / Junior Cardio + QS Advanced Beginner / \$89

RP6851.403	River Hill HS	Jun 26	7:30-8:30 PM	F
------------	---------------	--------	--------------	---

6-14 yrs / Junior Cardio Beginner / \$89

RP6851.404	Centennial Pk West	Jun 26	7:30-8:30 PM	F
------------	--------------------	--------	--------------	---

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

## Tennis for Everyone

**5-18 yrs / 5 classes, start dates & prices below**

Join professionally trained instructors from Baltimore Tennis Patrons (BTP) for fun, friends, fitness, action-packed instruction and play! Players are grouped according to ability. QuickStart (QS) play format beginner programs are a fun, totally new way for kids to start playing and enjoying tennis with ease. With QS, the court size, racket size, balls, net height and scoring system have been adjusted to match your child's age and stature. QS Junior Advanced Beginner play format is a fun, new way for kids to play and improve tennis skills effortlessly. BTP coaches are USTA QS trained. Junior Beginner programs (non QS) feature the games-based approach to learning and applying the fundamentals in play situations. Junior Intermediate is for those who mastered the basics and want to fine tune skills, develop sound tactics with lots of play, get a good workout, compete and improve. Loaner racquets available. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

All Levels: Meet at the Location's Tennis Courts

5-8 yrs / QS Junior Beginner / \$72

RP6850.401	Centennial Pk West	Jun 23	6-6:45 PM	Tu
------------	--------------------	--------	-----------	----

6-15 yrs / Junior Beginner / \$104

RP6850.402	River Hill HS	Jun 25	5:30-7 PM	Th
------------	---------------	--------	-----------	----

11-18 yrs / Junior Intermediate / 1 day, \$104; 2 days, \$142

RP6850.403	Centennial Pk West	Jun 22	7-8:30 PM	M & W
------------	--------------------	--------	-----------	-------

## 10 & Under Tennis with Shantha Chandra

**6-10 yrs / 6 classes, start dates & prices below**

Drills, games, instruction and QuickStart tennis techniques designed by the USTA are used for beginning players to learn tennis fundamentals, balance and coordination skills. Bring a junior-size racquet (23" to 25"). Saturday class rain makeup on Sunday afternoons. (No class 4/4, 5/25, 7/4.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

6-8 yrs / Cedar Lane Pk East - Tennis Courts

RP6840.301	Mar 28	9-10 AM	Sa	\$57
RP6840.302	Apr 8	5:45-7 PM	M & W	\$73
RP6840.311	May 6	5:45-7 PM	M & W	\$73
RP6840.312	May 23	9-10 AM	Sa	\$57

9-10 yrs / Cedar Lane Pk East - Tennis Courts

RP6840.303	Mar 28	10-11 AM	Sa	\$57
RP6840.304	Apr 8	4:30-5:45 PM	M & W	\$73
RP6840.313	May 6	4:30-5:45 PM	M & W	\$73
RP6840.314	May 23	10-11 AM	Sa	\$57

## Jr. Development Tennis Spring Break Camp with Shantha Chandra

**7-13 yrs / 4 days starting Mar 30 / \$80**

Develop beginner and intermediate tennis skills. A Quick Start tennis format is used to play games. Enjoy the fun competition with players of the same skill level. Makeup rain day: Friday. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

RP7012.301	Cedar Lane Pk East	9-11 AM	M-Th
------------	--------------------	---------	------

## After-School Tennis

**8-10 yrs / 7 classes, start dates below / \$55**

Have fun while you learn the basics or fine-tune your skills in this program taught by trained coaches. Classes include a variety of drills and games and an introduction to match play. Meet in front of school office; coaches escort players to tennis courts. (No class 5/25.) Info: Brian Wyman, 410-313-4705 or [bwyma@howardcountymd.gov](mailto:bwyma@howardcountymd.gov).

RP6871.301	Deep Run ES	4:10-5:10 PM	Apr 13	M
RP6871.302	Dayton Oaks ES	3:35-4:35 PM	Apr 14	Tu
RP6871.303	Lisbon ES	3:15-4:15 PM	Apr 15	W
RP6871.304	Atholton ES	4:05-5:05 PM	Apr 16	Th
RP6871.305	Thunder Hill ES	4-5 PM	Apr 16	Th

## Tennis Excellence

**8-10 yrs / 6 classes starting Apr 11 / \$80**

This introductory tennis class uses Quick Start tennis nets to reduce the court size to help make the learning process easier and more enjoyable. Learn the forehand, the backhand, volleys, serving, and scoring. Weekly games and drills help teach basic skills and create an exciting environment. Rain makeups added to the end of season. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### Centennial Pk West

RP6863.301	Beg	Apr 11	12:45-1:45 PM	Sa
RP6863.302	Advanced-Beg	Apr 11	1:50-2:50 PM	Sa
RP6863.401	Beg	Jun 13	11:30 AM-12:30 PM	Sa
RP6863.402	Advanced-Beg	Jun 13	12:35-1:35 PM	Sa

## Junior USA Team Tennis

**with Shantha Chandra**

**9-14 yrs / 6 classes starting Mar 28 / \$81**

Advanced beginner and intermediate players refresh basic ground strokes, volleys, lobs, baseline serving and scoring, then enjoy match-play tennis. Rain makeup is on Sunday afternoons. (No class 4/4.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

RP6849.301	Cedar Lane Pk East — Tennis Courts	1:15-2:45 PM	Sa
------------	------------------------------------	--------------	----

## Tennis Elite

**10-13 yrs / 6 classes starting Apr 14 / \$91**

Designed for advanced beginners already able to consistently hit the ball over the net and ready to take their game to the next level with serves and match play. Includes refresher drills to help improve all facets of your game. Instructor: Mike Brinsko. Rain makeups added to the end of season. These courts do have lights. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

RP6860.301	Centennial Pk West	7-8:30 PM	Tu
------------	--------------------	-----------	----

## Jr. USA Team Tennis Spring Break Camp with Shantha Chandra

**10-15 yrs / 4 days starting Mar 30 / \$80**

Advanced beginners and intermediate players freshen up on their basic ground strokes, serving, scoring and playing matches. Makeup rain day: Friday. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

RP7015.301	Cedar Lane Pk East	11:15 AM-1:15 PM	M-Th
------------	--------------------	------------------	------

## Team Tennis/Match Play

**with Shantha Chandra**

**10-18 yrs / 6 classes, start dates below / \$81**

Players should have fairly consistent strokes with medium pace shots, be able to rally and serve from baseline, and keep score. Players must have some knowledge of volleys and lobs. Teams are decided and each team plays matches against other teams. (Doubles, singles, and mixed doubles.) (No class 4/4, 7/4.) Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### 10-12 yrs / Cedar Lane Pk East — Tennis Courts

RP6858.301	Mar 28	2:45-4:15 PM	Sa (Team Doubles)
RP6858.302	May 23	2:45-4:15 PM	Sa

### 11-18 yrs / Cedar Lane Pk East — Tennis Courts

RP6858.303	Apr 10	5:30-7 PM	F
------------	--------	-----------	---

## Tennis Lessons with Shantha Chandra

**11-14 yrs / 6 classes, start dates below / \$57**

Students learn and improve their basic skills in a group and with match play. Advanced beginners learn consistent stroke production, baseline serving and volleys. Saturday classes rain makeup on Sunday afternoons. (No class 4/4, 7/4.) Registration: 410-313-7275. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### Cedar Lane Pk East — Tennis Courts

RP6841.301	Mar 28	11 AM-noon	Sa
RP6841.302	Apr 7	6-7 PM	Tu & Th
RP6841.303	May 5	6-7 PM	Tu & Th
RP6841.304	May 23	11 AM-noon	Sa

## High School Development Team Tennis with Shantha Chandra

**13-18 yrs / 6 classes, start dates below / \$81**

Advanced beginners and intermediate players improve basic skills, including volleys, serving, scoring and ground strokes. Participate in match play against players of similar ability. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### Cedar Lane Pk East — Tennis Courts

RP6855.301	Apr 7	4:30-6 PM	Tu & Th
RP6855.302	May 5	4:30-6 PM	Tu & Th

## Tennis Essentials

**14-18 yrs / 6 classes, start dates below / \$74**

Want to make the high school team or improve your position? This program prepares you for match play tennis. Learn how to hit forehands, backhands, serving, volleying and scoring. Instructor: Mike Brinsko. Rain makeups added to end of season. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### Centennial Pk West — Tennis Courts

RP6863.301	Beg	Apr 11	12:45-1:45 PM	Sa
RP6863.302	Advanced-Beg	Apr 11	1:50-2:50 PM	Sa
RP6863.401	Beg	Jun 13	11:30 AM-12:30 PM	Sa
RP6863.402	Advanced-Beg	Jun 13	12:35-1:35 PM	Sa

## Adult (18 yrs +)

### Mom's Tennis Swings with Shantha Chandra

**18 yrs + / 4 classes, start dates below / \$71**

Learn the basics or fine tune your game. Lessons include drills and match Play. Intermediate players work on serves, volleys, overheads, lobs. (Singles and doubles.) No babysitting available. Rain makeup is Friday. Info: Amy Patton, 410-313-4637 or [apatton@howardcountymd.gov](mailto:apatton@howardcountymd.gov).

### Beginner & Advanced Beginner / Cedar Lane Pk East — Tennis Courts

RP6848.301	Apr 7	11:30 AM-1 PM	Tu & Th
RP6848.302	Apr 8	11 AM-12:30 PM	M & W
RP6848.303	Apr 21	11:30 AM-1 PM	Tu & Th
RP6848.304	Apr 22	11 AM-12:30 PM	M & W
RP6848.305	May 5	11:30 AM-1 PM	Tu & Th
RP6848.306	May 6	11 AM-12:30 PM	M & W

### Intermediate & Advanced / Cedar Lane Pk East — Tennis Courts

RP6848.307	Apr 7	10-11:30 AM	Tu & Th
RP6848.308	Apr 21	10-11:30 AM	Tu & Th
RP6848.309	May 5	10-11:30 AM	Tu & Th

## CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.

## Sunday Swings with Shantha Chandra

**18 yrs + / 4 classes, start dates below / \$71**

Beginners to advanced players enjoy learning and improving all tennis skills and court positions through drills, small-group games and match play. (Singles and doubles.) (No class 4/5, 5/24.) Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

Beginner & Advanced Beginner / Cedar Lane Pk East – Tennis Courts

RP6844.301	Mar 29	Noon-1:30 PM	Su
RP6844.302	May 3	Noon-1:30 PM	Su
RP6844.401	Jun 7	Noon-1:30 PM	Su

Intermediate / Cedar Lane Pk East – Tennis Courts

RP6844.311	Mar 29	10:30 AM-noon	Su
RP6844.312	May 3	10:30 AM-noon	Su
RP6844.411	Jun 7	10:30 AM-noon	Su

Advanced / Cedar Lane Pk East – Tennis Courts

RP6844.321	Mar 29	9-10:30 AM	Su
RP6844.322	May 3	9-10:30 AM	Su
RP6844.421	Jun 7	9-10:30 AM	Su

## Tennis Lessons

**18 yrs + / 4 classes, start dates below / \$72**

Whether you are looking to fine tune your skills or work on advanced tactics, we have the program for you. This small-group lesson is filled with drills and match play. Beginners focus on learning the basic strokes and techniques of tennis, including the grip, how to hit a forehand, backhand, how to serve and volley, plus movement and timing. Advanced Beginner improves on already existing skills by working on consistency and ball placement. Intermediate classes focuses on advanced shot selection including the slice and drop shots. Weekly match play includes strategic tips and gameplay tactics. Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

Centennial Pk West – Tennis Courts

RP6843.301	Advanced-Beg	Apr 11	8-9 AM	Sa
RP6843.302	Intermediate	Apr 11	9-10 AM	Sa
RP6843.303	Beginner	Apr 11	10-11 AM	Sa
RP6843.401	Advanced-Beg	Jun 13	8-9 AM	Sa
RP6843.402	Intermediate	Jun 13	9-10 AM	Sa
RP6843.403	Beginner	Jun 13	10-11 AM	Sa

## Tennis for Everyone

**18 yrs + / 5 classes, start dates below / \$104**

Join professionally trained instructors from the Baltimore Tennis Patrons for fun, friends, fitness and action-packed instruction and play. Players are grouped according to ability. Beginners and advanced beginners use the games-based approach to learning the basics in play situations. Get ready for instant fun, learning and exercise! Beginner and advanced beginner and intermediate cardio are heart-pumping fitness programs! Cardio tennis is a group activity featuring drills to give you an ultimate high-energy workout. Cardio includes a warm-up, cardio workout and a cool down. Loaner racquets and heart monitors are available. Info: Amy Patton, 410-313-4637 or apatton@howardcountymd.gov.

Beginner & Advanced Beginner

RP6852.401	Centennial Pk West	Jun 23	6:45-8:15 PM	Tu
------------	--------------------	--------	--------------	----

Intermediate Cardio

RP6852.402	Centennial Pk West	Jun 25	7-8:30 PM	Th
------------	--------------------	--------	-----------	----

## 50+ Tennis

**50 yrs + / 30 wks starting Mar 31 / \$22**

Advanced beginners through intermediate players pair up to play doubles or singles, if court time permits, through October 30. Programs move to Savage Park and Meadowbrook Park from June 15 through August 6. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP7846.301	Centennial Pk West – Tennis Ct 1	8-11 AM	Tu & Th
------------	----------------------------------	---------	---------

## Ultimate Disc

• Registration: 410-313-7275.

• Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

## Youth Ultimate Disc League

**6-17 yrs / 8 wks, start dates below / \$64, \*\$34 head coach's child**

What is Ultimate? It's a non-contact team sport that combines elements of soccer, football and basketball into one fast-paced game. Played with a disc, everyone is a quarterback and a receiver. As part of each session, develop skills and learn game concepts through drills, games and activities in an instructional/clinic environment. Participate in games each week and end the season with a playoff-style tournament. Coaches may move participants up or down depending on skill level. Volunteer head coaches are needed and receive a discount. Fee includes shirt, award and playoffs. End-of-season tournament is on Saturday, August 1, at Cedar Lane Park West.

**Lime Kiln MS**

6-10 yrs

RP6101.401	Jun 3	7-8:30 PM	W
RP6101.402*	Jun 3	7-8:30 PM	W

11-14 yrs

RP6101.411	Jun 4	7-8:30 PM	Th
RP6101.412*	Jun 4	7-8:30 PM	Th

15-17 yrs

RP6101.421	Jun 3	7-8:30 PM	W
RP6101.422*	Jun 3	7-8:30 PM	W

## Volleyball

• Registration: 410-313-7275.

• Info: Carson Nickell, 410 313-4720 or cjnickell@howardcountymd.gov (unless otherwise noted).

## Youth (6-18 yrs)

### Instructional Volleyball League

**6-10 yrs / 8 wks starting Apr 18 / \$93**

Designed for first-time players or those wanting to improve fundamental skills, this program includes basic skill development through drills and scrimmages. Fee includes t-shirt.

Roger Carter Comm Ctr

RP5893.301	6-7 yrs Beginners	1-2:10 PM	Sa
RP5893.302	7 yrs Advanced – 9 yrs Beginners	2:20-3:30 PM	Sa
RP5893.303	8 ½ yrs Advanced – 10 yrs	3:40-4:50 PM	Sa

### Volleyball Skills Development

**8-14 yrs / 8 classes, start dates below / \$125**

Practice makes perfect! This program is for beginner players who enjoy this exciting sport and want to learn the basics. Individual players develop new skills and improve existing ones. Lessons emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn skills such as passing, hitting, setting, and serving.

8-10 yrs

RP5892.301	N Laurel Comm Ctr	Apr 7	6-7:30 PM	Tu
RP5892.302	Gary J Arthur Comm Ctr	Apr 8	6-7:30 PM	W
RP5892.303	Roger Carter Comm Ctr	Apr 9	6-7:30 PM	Th

11-14 yrs

RP5892.311	N Laurel Comm Ctr	Apr 7	7:30-9 PM	Tu
RP5892.312	Gary J Arthur Comm Ctr	Apr 8	7:30-9 PM	W
RP5892.313	Roger Carter Comm Ctr	Apr 9	7:30-9 PM	Th



## Spring Break! Volleyball Academy

9-15 yrs / 1 wk starting Mar 30 / \$120

Practice makes perfect! This camp is designed for beginner/intermediate players who enjoy the exciting sport and want to learn more. Players will improve existing skills and develop new ones. The lessons will emphasize sportsmanship, skill technique, and hard work in a team atmosphere. Learn skills such as passing, hitting, setting, and serving. Instruction provided by Ofer Levy and staff, volleyball officials and coaches from the area.

RP7892.301 Meadowbrook Ath Comp 1-4 PM M-F

## MVL Summer Session

10-16 yrs / 7 wks starting Jul 6 / Prices below

Join us for an exciting summer league! This league was designed for players who just want to play; instruction is limited and basic volleyball skills are required. Individual players will be placed on teams formed by the League Coordinator; team registrations are accepted (no more than 10 players per roster). Teams have two practices and 5 scheduled matches; practices and matches last one hour on the designated night at Meadowbrook Athletic Complex. Fee includes a team shirt. Children of volunteer head coaches receive a discount; register for section 402.

[Meadowbrook Ath Comp / Register by Jun 21 / 6-9 PM](#)

RP5891.401	Individual	M	\$99
RP5891.402	Head Coach's Child	M	\$55
RP5891.403	Teams	M	\$550

## Meadowbrook Volleyball League (MVL)

10-16 yrs / 8 wks starting Apr 12 / \$130, \*\$60 head coach's child

Experience the excitement and gain the skills necessary to enjoy this popular Olympic sport. This program provides a "Good Sports" atmosphere, bringing together aspiring players weekly in an effort to learn and practice the fundamentals of the game. Our ASEP-Certified Parent Coaches provide a quality recreation environment for our players, parents, coaches and spectators. Weekly practices are scheduled Mondays-Fridays at any given Recreation & Parks indoor facility depending on team placement and coach's availability. Matches are played on Sundays at the Volleyball House. Parents should block out any two evenings for scheduling options. Practices are one hour, between 5-9 PM; matches are one hour, between 10 AM-4 PM. Specific details on one-hour matches/practice times are communicated after each season's skill evaluation. Players are placed on teams after a skills evaluation on Sunday, April 12, time TBA. The MVL is for novice to experienced players who wish to learn more about the sport.

[Matches: TBD / Practices: TBD](#)

RP5891.301	10-12 yrs	RP5891.302*	10-12 yrs
RP5891.311	13-14 yrs	RP5891.312*	13-14 yrs
RP5891.321	13 (adv)-16 yrs	RP5891.322*	13 (adv)-16 yrs

## Volleyball Preseason Training

14-18 yrs / 4 wks starting Jul 14 / \$199

Get ready for try-outs and make the team by training with us! Athletes will go through training sessions that cover all skills and provide the most extensive and well-rounded training experience. Training includes specific individual skills and competitive game drills on Thursdays with Ofer Levy and staff, and exclusive conditioning sessions on Tuesdays provided by Axis Sport Performance.

RP5894.401 Meadowbrook Ath Comp Tu, 7-8 PM; Th, 6-8 PM

### CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 74-75. Review of this information is required by law before you are allowed to register for youth sports programs.



Learn proper serve techniques at our volleyball programs.

## Adults (18 yrs +)

### League Refund Policy [Page 76](#)

### Co-Rec Volleyball League

18 yrs + / 8 wks plus playoffs starting Apr 26 / \$220

The volleyball leagues play 6-on-6, with rosters up to 12 players. Schedule includes eight matches and all teams participate in postseason playoffs. Fee includes schedule, facility, awards and administration. Teams are required to pay game official fees of \$20 per team on the court at each match. Register by April 12; by March 15 for 10% discount.

RP5890.701 Roger Carter Comm Ctr 4-11 PM Su

### Drop-In Co-Rec Volleyball

18 yrs + / 5 wks, start dates below / \$24

Join other athletes of all ability levels for volleyball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff help form balanced teams. Driver's license required for admission. Choose the "Get Active Package" (see page 9) to save money and participate in additional athletic opportunities. Note: Some gyms may be canceled due to insufficient registration or low attendance. Info: Susan

Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP6901.301	Burleigh Manor MS	Apr 13	8-10 PM	M
RP6901.302	Burleigh Manor MS	Apr 16	8-10 PM	Th
RP6901.303	Forest Ridge ES	Apr 15	8-10 PM	W
RP6901.304	Rockburn ES	Apr 14	8-10 PM	Tu

### Co-Rec Volleyball

55 yrs + / Start dates & prices below

Join senior men and women of various volleyball skill levels for competitive and fun volleyball play. Previous volleyball experience helpful. The program meets two times per week. The fee is based on when you register and the fee is good through the end of the calendar year. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

RP5592.301	Mar 31	10:30 AM-12:30 PM	Tu & F	\$57
RP5592.401	Jul 7	10:30 AM-12:30 PM	Tu & F	\$38
RP5592.501	Sep 29	10:30 AM-12:30 PM	Tu & F	\$19